

Expectations at Lady Manners School



Start of lesson

Arrive on time, correctly dressed

Wait to be told by your teacher to enter the classroom

Get all books & equipment out quietly and be ready to start

Throughout lesson

Listen in silence when the teacher is speaking

Engage fully in the learning

Show respect for staff and other students at all times

End of lesson

Stand silently in your place until dismissed by the teacher



16/07/2026

Looking after your own health

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



Copy and complete:

‘I think the people responsible for looking after my health include...’

Challenge: justify your response



16/07/2026 Looking after your own health

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
GP, A&E, Medical history, allergies, medication, doses, side effects, vaccinations



How might young people play a part in tackling global pandemics if they are responsible for their own health?



How far is it true that young people should take an active role in being responsible for their own health



Why might young people health benefit from understanding their family medical histories?

Instructions:

1. Check that you have written and underlined the title and date.
2. Assess the learning task you will be aiming for during the lesson.
3. Reflect on the progress questions and plan and monitor your approach to answering them by the end of the lesson.

Metacognition phases



What do you think you should know about your own health if you are going to start taking more responsibility for it?

A medical form titled 'FAMILY HISTORY (Siblings, parents)' with a pen pointing to it. The form includes sections for 'Marital Status' (with a checkbox for 'Married') and 'Employment: (Type)'. The 'FAMILY HISTORY' section lists various conditions with checkboxes: 'No Diseases', 'Asthma', 'Arthritis', 'Cancer', 'Diabetes', 'High Blood Pressure', 'Kidney Disease', 'Problems', 'Seizures', 'Stroke', 'Tuberculosis', and 'Anesthesia'. A pen is pointing to the 'Problems' checkbox.

Structured Talk Instructions:

1. Read and consider the above.
2. Discuss with a neighbour, ensuring you both participate.
3. No hands for feeding back, random name picker will choose you.

My health checklist

**Things I already know
about my own health**

**Things I need to know
about my own health**



Instructions:

1. Copy the table in your exercise books
2. Write down the things you already know (in general terms) and those you need to know.

1. **GPs details**- the name, address and contact details for your doctor
2. **NHS number**- it can sometimes be helpful if you are able to give it to NHS staff who need to find your health records
3. **Immunisations**- what have you had and where do you keep your record card
4. **Childhood illnesses**- what illnesses you have had e.g. mumps, measles, chicken pox, German measles
5. **Allergies**- e.g. medicines, plasters, food and how to deal with it
6. **Medical conditions**- any medical conditions you have and medication you are taking e.g. dosage and side effects
7. **Family history**- any medical conditions that are common in your family e.g. high blood pressure
8. **Accidents and emergencies**- addresses of the nearest hospitals and walk-in-centre for minor injuries with an A&E department.

Instructions: Use the list to create yourself a health checklist in your exercise books

Vaccinations are
the best way to
keep yourself
healthy and safe.



Structured Talk Instructions:

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Write down the key terms below. Match the key term to the definition.

A **Booster jabs**

B **Herd immunity**

C **Vaccine safety**

Further Challenge:
What is the term the
decoy definition is for?

1 Once introduced, vaccines are constantly monitored so any new side effects are quickly noticed and investigated. **Vaccine Monitoring**

2 The use of vaccines has meant that some previously common diseases, e.g. smallpox, have now been eradicated.

3 Some viruses change their antigens. Meaning the immune system can no longer fight them. For this reason, we have **annual** flu vaccinations.

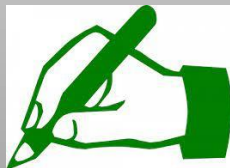
4 Before a vaccine is granted a licence, the manufacturers must show it is safe and works in preventing the disease.

Instructions: after watching the film, copy and complete the following sentence starter in your exercise books:

Vaccinations work by...

How vaccines work

- Vaccines contain a greatly weakened form of the bacterium that causes a disease.
- When the body detects the contents of the vaccine its immune system will be primed to make the antibodies (substances that fight off infection and disease) needed to fight off the infection.
- If you come into contact with the infection, the immune system will recognise it and be ready to protect you by producing the right antibodies.
- Because vaccines have been used so successfully in the UK, diseases such as diphtheria have almost disappeared from this country.



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