

<https://www.youtube.com/watch?v=DOLQj6OskDI>





February: Heart
Awareness Month



- Each day your heart beats approximately 100,000 times, pumping 23,000 litres of blood around the body and it a vital part of your cardiovascular system.
- Currently, there are around 7.6 million people in the UK living with heart and circulatory diseases and 1 in 2 of us will experience a heart or circulatory condition during our lifetime.
- This heart month is all about raising awareness of heart conditions and promoting heart health!

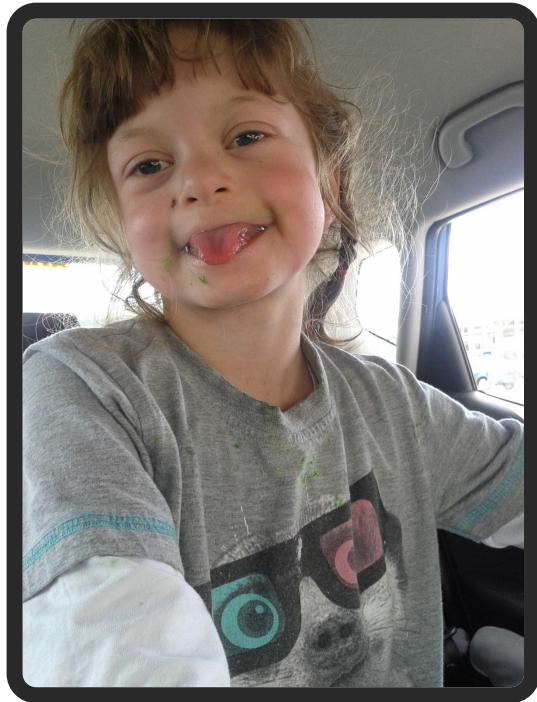
William's Syndrome

It is estimated that one in 18,000 people living in the UK has Williams Syndrome and only one in 30 doctors ever sees a patient with the condition.

The William's Syndrome Association wants to educate others about Williams Syndrome so that they have a better understanding about the condition and the impact it can have on people lives.



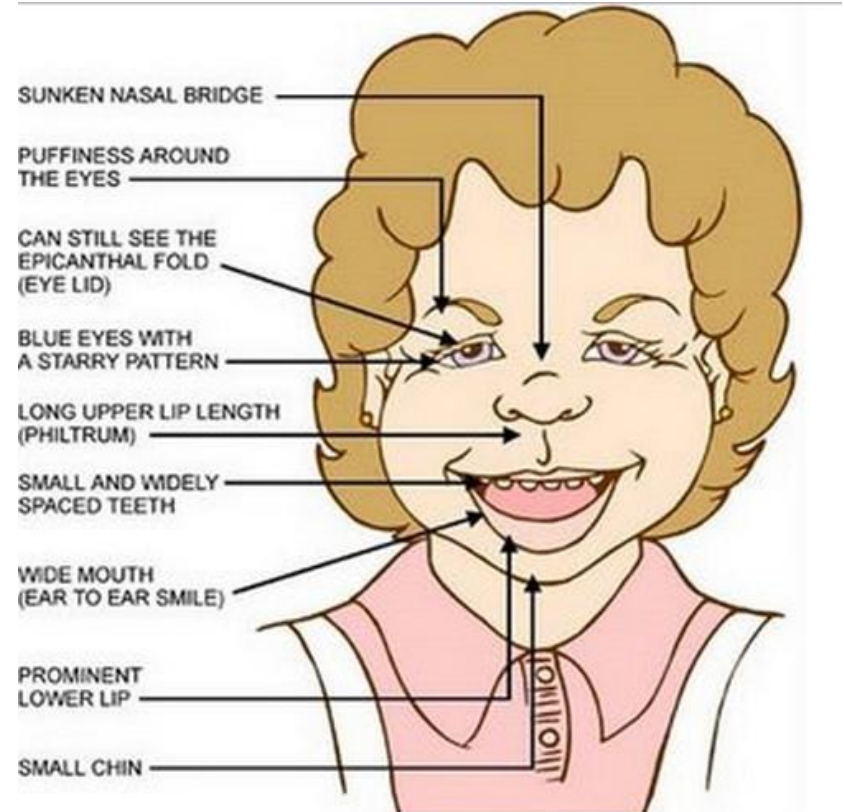
My Sister Chelsie



William's Syndrome

Williams Syndrome is a rare genetic disorder that occurs randomly and affects around one in 18,000 people in the UK. It causes distinctive facial characteristics and a wide range of learning difficulties as well as physical and mental health problems, including anxiety and depression in later life.

WS people tend to be talkative and excessively friendly towards adults.



William's Syndrome

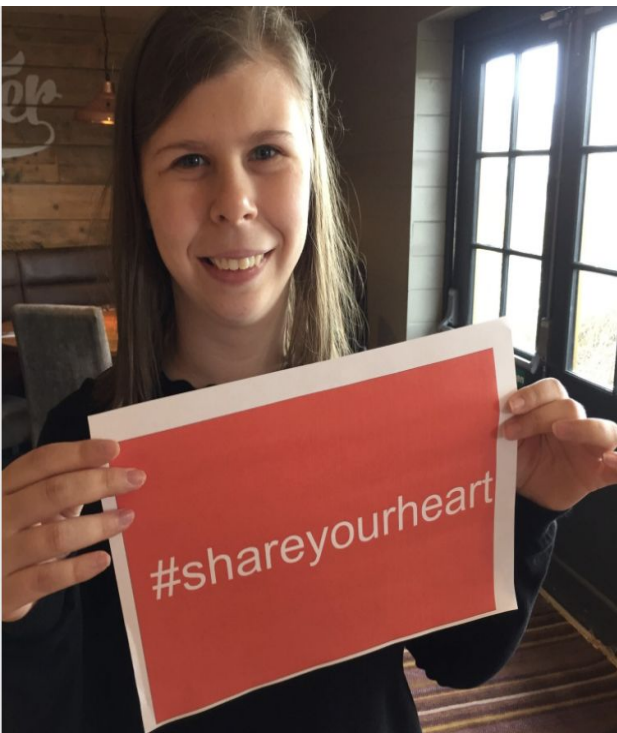
The cause of Williams Syndrome is a tiny deletion of part of chromosome 7.

Most WS individuals have a slight narrowing of the aorta above the aortic valve and sometimes they face more serious heart problems which require surgery.





How can you get involved this Heart Month?



Healthy Schools Challenges:

1. 10 minute challenge - do something active for ten minutes every day to boost your heart health!
2. Organise a 'red' bake off and donate the money to a charity such as the William's Syndrome Association or the British Heart Foundation
3. Create a heart shape with your form and take part in the share your heart campaign
4. If you plan on writing a valentines/galentines day card this year, include 3 facts about heart health!
5. Have a go at this kahoot quiz on heart health with your tutor group:
<https://create.kahoot.it/details/fc664e03-f341-4461-a205-434409a94030>
6. Organise a 'wear red' day with your family and friends over half term to promote heart health

Love
does count
CHROMOSOMES



Treat yourself with
KINDNESS



@BamMeHappi

<https://www.youtube.com/watch?v=tBvIZnbEnwU>

