

FLORENCE NIGHTINGALE

By Mary Green and Julie Stanley

CHALLENGE

All doctors and nurses have to learn anatomy – the study of our bodies and how they are put together and work. We have 206 bones in our body ranging from the largest (thigh bone – femur) to the smallest (stapes in the middle ear). **Can you learn the following list of 7 bones off by heart,** then draw a picture of yourself and label your bones in the correct place?

- **Mandible – lower jaw**
- **Scapula – shoulder blade**
- **Humerus – upper arm bone**
- **Phalanges – finger bones**
- **Femur – thigh bone**
- **Patella – knee cap**
- **Tibia – shin bone**

TALK ABOUT

At a time when most people believed that infections were caused by foul odours, **Florence Nightingale implemented frequent handwashing to reduce the**

“LIVE LIFE WHEN YOU HAVE IT. LIFE IS A SPLENDID GIFT – THERE IS NOTHING SMALL ABOUT IT.”
Florence Nightingale

spread of infection. It is still one of the best ways today to stop the spread of infection. **How long do experts suggest we wash our hands for?** What songs could you sing or which rhymes could you say to make sure that you are washing your hands for long enough? (The chorus for this song is 20 seconds long, so a great one to sing as you're washing your hands!)

SHARE IT

We should always be grateful to our medical staff, but at the moment, we are very aware of their amazing work and the risks they are taking to help others.

Can you make a special 'Thank you NHS' poster to put up in your window to recognize all their hard work?

DID YOU KNOW?

Florence Nightingale reduced the death rate in the hospital she was assigned to during the Crimean War from 42.7% to 2% all because of her introduction of **good hygiene, nourishing food, improved sewage systems and fresh air.**

Song taken from
That's What I Call A Class Assembly!
Florence Nightingale
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