

Sore throats matter

Rheumatic fever
teaching units





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You can help eradicate acute rheumatic fever!

The following is a health and physical education unit plan (NZ Curriculum) on the topic of rheumatic fever for Years 2-8. The focus of the unit plan is on sore throat management and teaching key messages for the prevention of acute rheumatic fever (ARF) and rheumatic heart disease (RHD).

The comic 'Sore Throats Aren't Cool' and an inquiry learning plan are provided as additional resources (for Intermediate Years 7-8).



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Through raising awareness with our children of what sore throats are, what to do about them and how to stop them spreading, you can help to eradicate this preventable disease.

While not all sore throats are strep throats, it is important to take a sore throat seriously to stop strep throat spreading and to prevent acute rheumatic fever and rheumatic heart disease.



SORE THROATS Matter

Junior
Years 1-3

UNIT
PLAN

Achievement objectives
(NZ curriculum)

Health and physical education

**Personal Health and Physical Development
(Level One)**

Personal growth and development

Describe feelings and ask questions about their health, growth, development, and personal needs and wants.

Safety management

Describe and use safe practices in a range of contexts and identify people who can help.

Specific learning outcomes

Students will understand and be able to say what a sore throat is, how it spreads and how to stop it spreading to prevent acute rheumatic fever (ARF) and rheumatic heart disease (RHD).

Students will understand and express what ARF is and that a strep throat is the main cause.

Teaching points (key messages)

- If a sore throat is left unchecked it may lead to rheumatic fever, which can damage your heart
- If you have any of the symptoms of a sore throat, you should tell an adult and get it checked by a doctor or nurse who may do a throat swab. If the doctor prescribes antibiotics, you must take them every day for 10 days
- Strep throat spreads through the water droplets of your spit and coughing. We can stop sore throats spreading by washing our hands, covering our mouth when we cough or sneeze and by not sharing drink bottles.



Lesson 1

PIPI THE PUKEKO

“Sore throats can be strep throats and should be checked because they may lead to rheumatic fever which can damage your heart.”

We are learning to:

- Say what a strep throat is and list the symptoms
- List what you should do if you have a sore throat
- Explain why taking care of a sore throat is important.

You will need:

- Picture of Pipi the Pukeko (at end of this lesson)
- Popsicle stick.

Activity

Instead of Simon Says, play Pipi the Pukeko Says. Children should be able to say where their throat is and what happens when they have a sore throat. “Everybody gets a sore throat sometimes. Some sore throats are called strep throats. A bug called ‘Streptococcus’ or the strep bug causes strep throats. The strep bug may cause rheumatic fever which can damage your heart.”

The teacher says, “Pipi is not feeling well. She has a strep throat. She wants to tell you what happens sometimes when she has a strep throat. Let’s play Pipi Says and copy her.”

- Pipi says, “My throat hurts when I swallow.” (Pipi says ‘Swallow’)
- Pipi says, “I have sore glands in my neck, just under my chin.” (Pipi says ‘Rub your neck’)
- Pipi says, “Sometimes I get red and white spots in my throat.” (Pipi says ‘Say Aaah’)
- Pipi says, “Sometimes I feel hot and cold.” (Pipi says ‘Shiver’).

Teaching points

- What is a symptom?
- What are the symptoms of a sore throat? (Hurts to swallow, sore neck glands, red and white spots in throat, fever)
- What should you do if you have a sore throat? (Tell an adult, go to the doctor or nurse who may do a throat swab. If the doctor prescribes you antibiotics you must take them every day for 10 days)
- What can happen if you don’t look after a sore throat? (You can get rheumatic fever, which may damage your heart).



Play **Pipi Says** until the children can remember all the symptoms. Take turns being **Pipi**.

- What should Pipi do?
- “Pipi needs to tell an adult and get a doctor or nurse to take a throat swab. It won’t hurt.”
Teacher gives Pipi a pretend throat swab using a Popsicle stick. “Say Aaah Pipi.”
- “If the doctor tells Pipi to take antibiotics she must take them every day for 10 days. A strep throat may lead to rheumatic fever which can damage your heart.”



NEW VOCABULARY

A **symptom** is a sign in your body that something does not feel right or that you have an illness or disease, for example, a sore throat may be a symptom of a strep throat.

Lesson 2

GLITTER AND CONFETTI

“How does a sore throat (which can be a strep throat) spread and how can you help stop sore throats from spreading? Why is this important?”

“Strep throat can spread (or infect) others by touch, so it is important to wash your hands after you cough, sneeze or blow your nose. It can also spread through the air, which is why it is important to cover your mouth when you cough or sneeze.”

We are learning to:

- List the ways that a sore throat can spread
- Explain how to stop a sore throat from spreading to others
- Give reasons why looking after a sore throat is important.

You will need:

- Glitter
- Small pictures of strep bug (see opposite)
- Scissors.



Teaching points

- How does the strep bug spread? (Through the water droplets of your spit or coughing)
- How can you stop it spreading? (Wash your hands, cover your mouth when you cough or sneeze and avoid sharing drink bottles)
- Why is it important to stop the strep bug spreading? (May lead to rheumatic fever which can damage your heart).



Confetti activity

“The streptococcus bug lives in the water droplets of your spit when you have a strep throat. It can also spread through the air, so it is important to cover your mouth when you cough or sneeze.”*

Photocopy and cut out the strep bugs.

- The teacher pretends to cough and throws the confetti across the students. “Who got water droplets on them?” (Pieces of confetti)
- Teacher says, “If you don’t cover your nose and mouth when you cough or sneeze, other people may catch the strep bug.”
- Teacher asks, “How can we stop the streptococcus bug from spreading? (Cover your mouth when you cough, wash your hands after you sneeze or blow your nose, use a tissue to blow your nose and then throw it away, and avoid sharing drink bottles)
- Teacher says, “I can cough into my hand or tissue.” (Handful of confetti) “I have caught all the strep bugs in my hand. Now what should I do with them?” (Wash your hands and throw the tissue away)
- Teacher asks, “Where else could these droplets of your spit go? (Drink bottles, drinking fountains, and tissues...) “What could happen if I had a strep throat and let you drink out of my bottle?” (You might catch strep throat).



NEW VOCABULARY

The **streptococcus bug** is a type of harmful bacteria; it can show up as a type of sore throat called a strep throat. A doctor or nurse can do a throat swab to tell whether a sore throat is a strep throat or not. A strep throat can lead to rheumatic fever or rheumatic heart disease, so should be taken seriously.

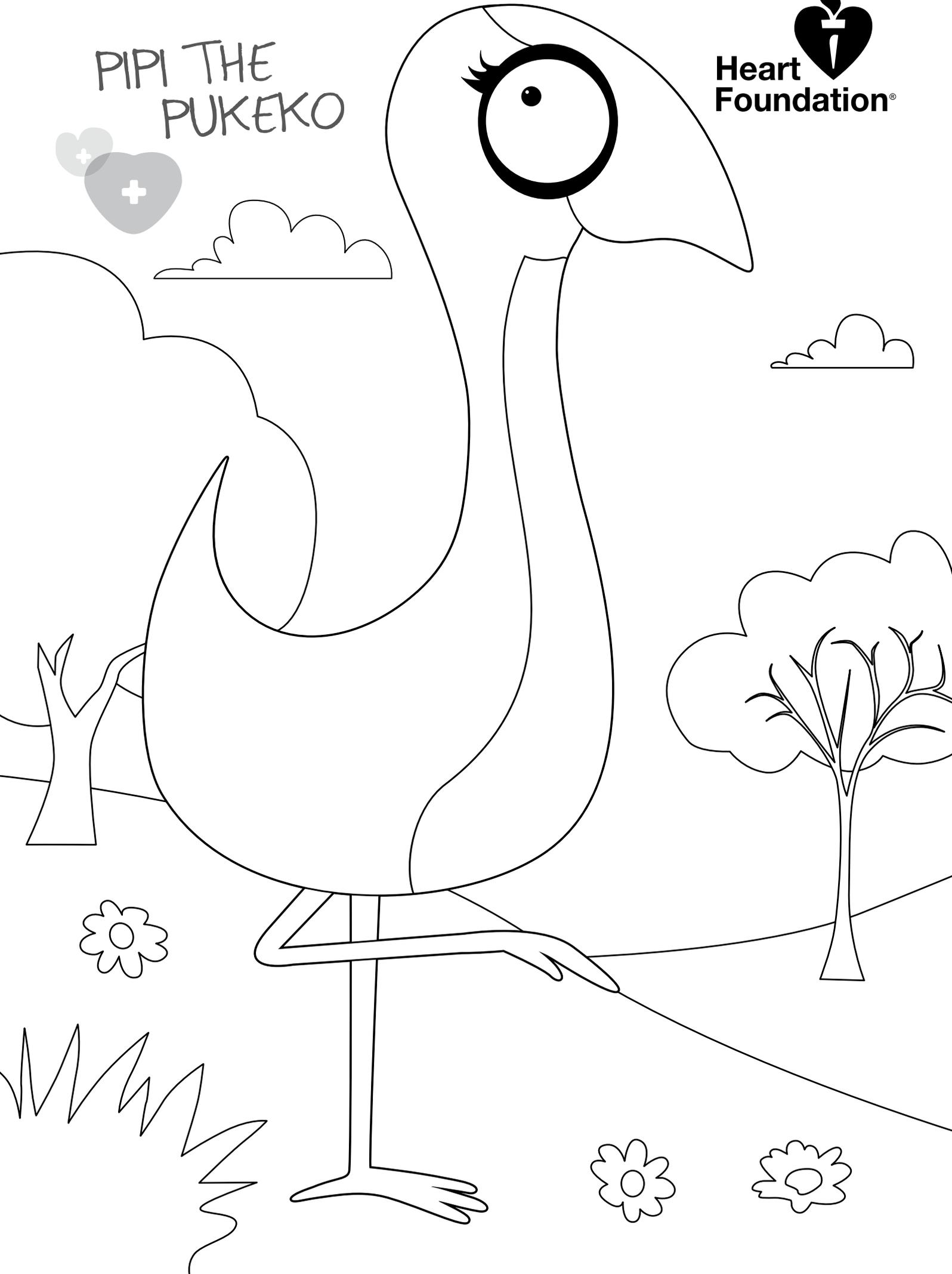
Glitter activity

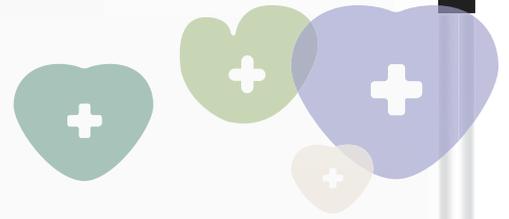
- Have one student wet their hands and sprinkle a little bit of glitter on them
- The student with the glitter then shakes hands with three (3) people
- Discuss how germs spread through water and touch. “How many people were infected with the glitter?” (Even just a small amount)
- “What can you do to stop germs spreading? (Wash your hands when you cough, sneeze or blow your nose).

*Sourced from Kleenex Sneeze Safe. For full respiratory hygiene for teaching resources, including the glitter hand shake, please go to www.sneezesafe.co.nz.



PIPI THE
PUKEKO





SORE THROATS Matter

If left unchecked some sore throats may lead to rheumatic fever, which can damage your heart.

When you get a sore throat:

- Tell an adult
- Get your throat checked by a doctor or nurse
- If you are given antibiotics, take them every day for 10 days
- Stop the spread: wash your hands, cover your mouth when you cough or sneeze and avoid sharing drink bottles.



Sore Throats Matter Teaching Unit for Primary Education

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Text written by: Andrea Hofmeister and Rachel Liddel from the Heart Foundation in consultation with Lizzie Farrell, Clinical Nurse Manager from Kidz First PHN Manukau, and Anna Forsyth - Best Light Communications (anna.bestlight@gmail.com).

Inquiry Learning Plan adapted from www.tki.org.nz template.

Achievement Objectives are taken from The New Zealand Curriculum, Ministry of Education, 2007.

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SORE THROATS Matter

Upper Primary
Years 4-6

UNIT
PLAN

Achievement objectives
(NZ curriculum)

Health and physical education

**Personal Health and Physical Development
(Level Two)**

Personal growth and development

Describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.

**Healthy Communities and Environments
(Level Two)**

*Rights, responsibilities, and laws;
people and the environment*

Contribute to and use simple guidelines and practices that promote physically and socially healthy classrooms, schools, and local environments.

Specific learning outcomes

Students will understand and be able to say what a strep throat is, how it spreads and how to stop it spreading to prevent acute rheumatic fever and rheumatic heart disease.

Teaching points (key messages)

- If a sore throat is left unchecked it may lead to rheumatic fever, which can damage your heart
- If you have any of the symptoms of a sore throat, you should tell an adult and get it checked by a doctor or nurse who may do a throat swab. If the doctor prescribes antibiotics, you must take them every day for 10 days
- Strep throat spreads through the water droplets of your spit and coughing. We can stop sore throats spreading by washing our hands, covering our mouth when we cough or sneeze and by not sharing drink bottles.



Lesson 1

WANTED POSTERS

“A strep throat is caused by the streptococcus bug. This bug is contagious and may lead to rheumatic fever. This can damage your heart.”

We are learning to:

- Say what a strep throat is and list the symptoms
- List the ways you can stop a strep throat from spreading
- Explain why looking after a sore throat is important and what can happen if you don't get it checked (may lead to rheumatic fever which can damage your heart).

You will need:

- Wanted poster template (page 10)
- Coloured pencils, pens or crayons
- Photocopier
- Examples of wanted posters from books or the Internet.

Activity

Strep throat is a type of sore throat caused by the streptococcus bug. Cut out the templates over the page and have children colour in Mr Streptococcus. Have students fill in the blanks. *Wanted for causing...*

When you have a strep throat, you might have:

- Trouble swallowing or a sore throat when you swallow
- Sore or swollen glands in your neck just under your chin
- Some white or red spots on the back of your throat
- A fever (feel hot then cold).

Teaching points

- What are the symptoms of a sore throat? (Hurts to swallow, sore neck glands, red or white spots in throat, fever)
- What should you do if you have a sore throat? (Tell an adult, go to the doctor or nurse who may do a throat swab. If the doctor prescribes antibiotics, take them every day for 10 days. Wash your hands, cover your mouth when you cough or sneeze, and don't share drink bottles)
- What might happen if a sore throat is left unchecked? (You may get rheumatic fever, which can damage your heart).



NEW VOCABULARY

A **throat swab** is when a doctor or nurse takes a sample of cells from the back of your throat to find out what bugs or bacteria are living there. It doesn't hurt. This is one of the ways to check if a sore throat is a strep throat. A strep throat is serious and can lead to rheumatic fever or rheumatic heart disease.

There's a baddie on the loose. The strep throat bug (Mr Streptococcus) is the baddie responsible for some bad things. Strep throat may lead to rheumatic fever, which can damage your heart. So, what is Mr Streptococcus wanted for? Can you remember?

WANTED



Wanted for causing:

The only way to catch Mr Streptococcus is to tell an adult and get a doctor or nurse to do a throat swab. This is very important, because a strep throat may develop into rheumatic fever which can damage your heart.

Lesson 2

STREPTOCOCCUS TAG

“A strep throat is a contagious disease that can spread through the water droplets of your spit. You can prevent it spreading by washing your hands, covering your mouth and nose when you sneeze or cough, and not sharing drink bottles. If it spreads, it may cause rheumatic fever, which can damage your heart.”

We are learning to:

- List the ways that a sore throat can spread
- Recall what to do to stop a sore throat spreading
- Explain why it is important to look after a sore throat.

You will need:

- Bug picture (page 12)
- A small space in the playground or on the field.

Strep throat spreads through the droplets of your spit. The bugs can carry further than you think. A strep throat is contagious, which means it can spread from one person to another. How do you think it gets passed on? (Coughing, sneezing, sharing drink bottles, touching wet skin).

Activity

- Choose someone to be “It” and give them the small bug cut-outs. “You have the strep throat bug”
- Have the children run around in an allocated space in the playground or on the field until the teacher says “Freeze!” then stop where you are
- The person who is “It” tries to spray as many people as they can reach with the paper pieces without moving off the spot. These people now have the strep bug
- If a child is sprayed, they sit down. The last person to be left without getting sprayed can become “It” and the game starts again.

Teaching points

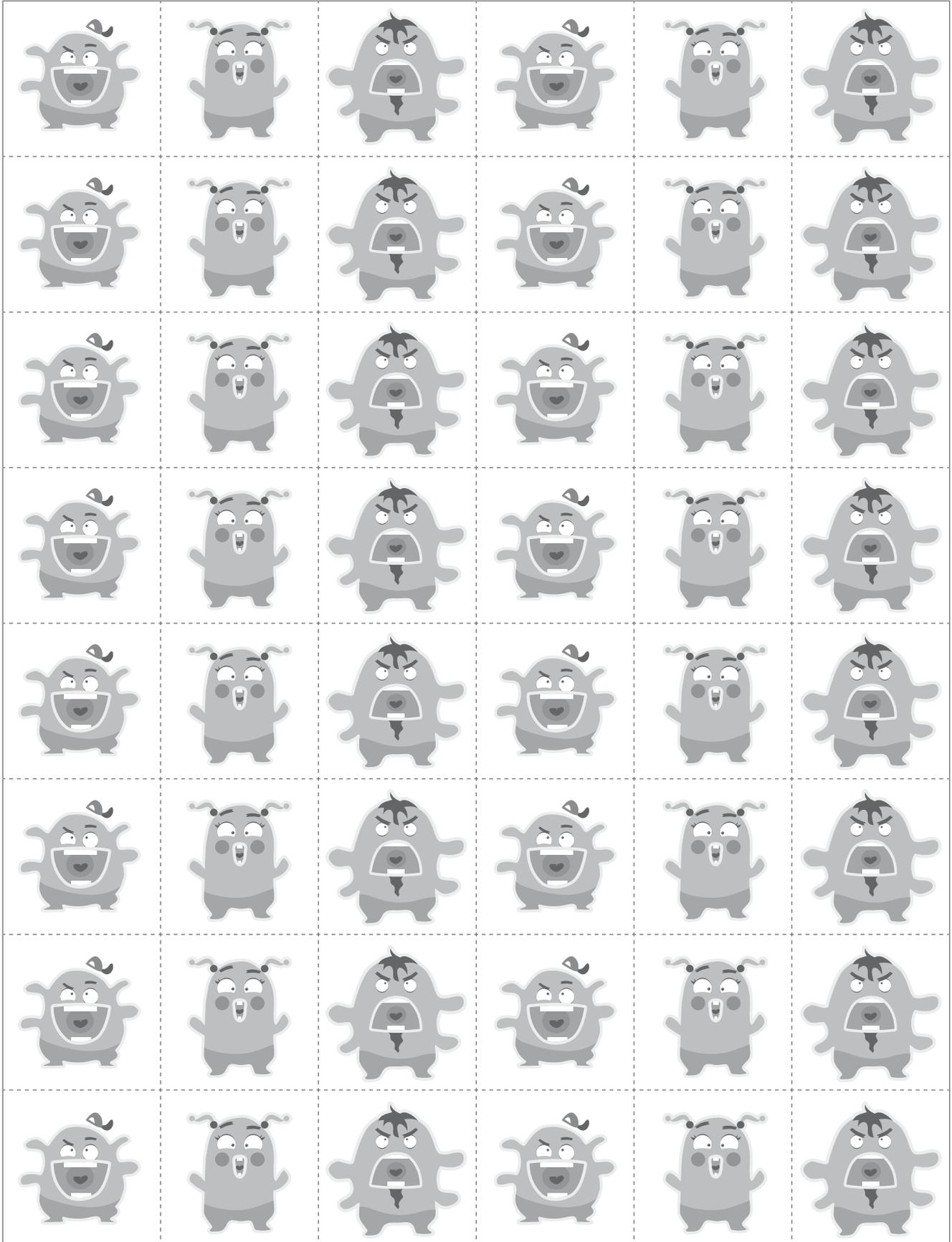
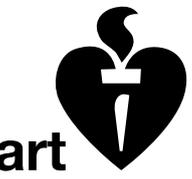
- A strep throat is contagious, meaning it can spread from person to person. Streptococcus bacteria are carried in the water droplets of your spit
- How does the strep bug spread? (Through the water droplets of your spit)
- How could you stop the strep bug spreading? (Wash your hands, cover your mouth when you cough or sneeze and avoid sharing drink bottles).

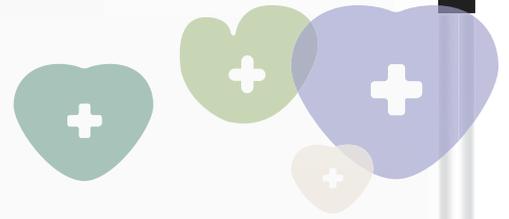


NEW VOCABULARY

If a disease is **contagious**, it means that it can spread to other people through contact, for example, through contact with spit.

STREPTOCOCCUS TAG





SORE THROATS Matter

If left unchecked some sore throats may lead to rheumatic fever, which can damage your heart.

When you get a sore throat:

- Tell an adult
- Get your throat checked by a doctor or nurse
- If you are given antibiotics, take them every day for 10 days
- Stop the spread: wash your hands, cover your mouth when you cough or sneeze and avoid sharing drink bottles.



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**Fulfil
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SORE THROATS Matter

Intermediate
Years 7-8

UNIT
PLAN

Achievement objectives
(NZ curriculum)

Health and physical education

**Personal Health and Physical Development
(Level Three)**

Safety management

Identify risks and their causes and describe safe practices to manage these.

Specific learning outcomes

Students will understand and be able to say what a strep throat is, how it spreads and how to stop it spreading to prevent acute rheumatic fever and rheumatic heart disease.

Teaching points (key messages)

- If a sore throat is left unchecked it may lead to rheumatic fever, which can damage your heart
- If you have any of the symptoms of a sore throat, you should tell an adult and get it checked by a doctor or nurse who may do a throat swab. If the doctor prescribes antibiotics, you must take them every day for 10 days
- Strep throat spreads through the water droplets of your spit and coughing. We can stop sore throats spreading by washing our hands, covering our mouth when we cough or sneeze and by not sharing drink bottles.



Lesson 1

COMIC INQUIRY

We are learning to:

- Explain what a strep throat is and how it spreads
- Give reasons why it is important to look after a sore throat and get it checked
- Recall the steps you should take when you have a sore throat.

You will need:

- The 'Sore Throats Aren't Cool' comic (provided)
- Post-it notes
- Large sheets of paper
- Rheumatic fever inquiry learning plan (provided).

Activity

“A sore throat may be a strep throat, which can cause rheumatic fever and heart damage. Always take a sore throat seriously and get it checked by a doctor or nurse.”

Using the inquiry learning plan as a starting point, develop an inquiry to find out what rheumatic fever is, what causes it and how to prevent it.

Read the comic and discuss:

- Why is it no laughing matter to have a sore throat? (Can be strep throat that may lead to rheumatic fever and heart damage)
- What happened to Conan when he got a sore throat? (He went to the doctor who took a throat swab. He got rheumatic fever)
- What did he have to do to stop the sore throat from getting worse? (Get it checked by a doctor or nurse and take antibiotics).

Teaching points

- Why is it important to look after a sore throat? (Because it may lead to rheumatic fever, which can damage your heart)
- What should you do if you have a sore throat? (Tell an adult, go to the doctor or nurse who may do a throat swab. If the doctor prescribes antibiotics, take them every day for 10 days)
- What can happen if you don't look after a sore throat? (You may get rheumatic fever, which can damage your heart).



Comic inquiry – vocab

Write the following terms on post-it notes and stick them on the board:

- Throat swab
- Antibiotics
- Strep throat
- Heart valve
- Rheumatic fever
- Rheumatic heart disease
- Streptococcus
- Contagious
- Bacteria.

In groups or pairs, choose two terms from the list above and take the post-it note for that term.

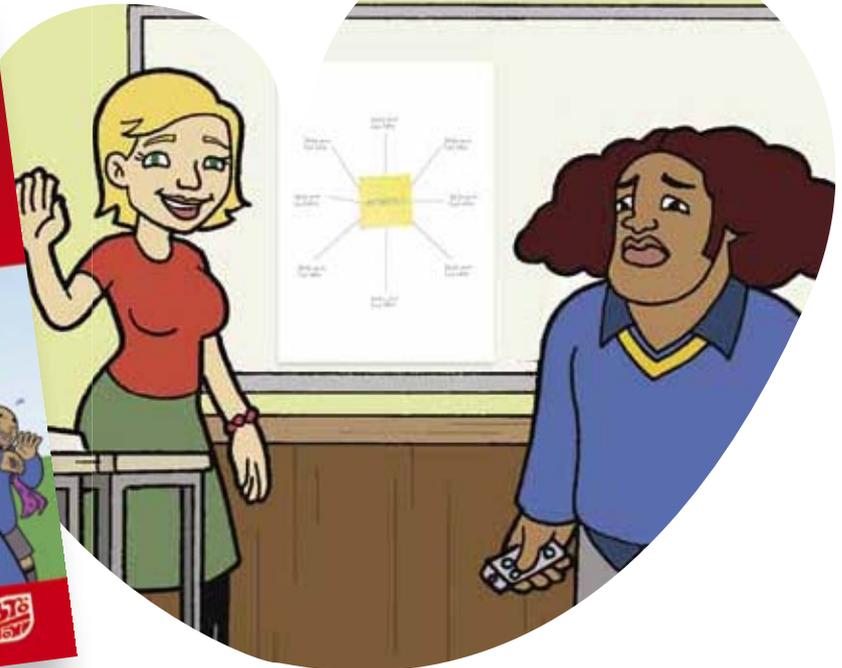
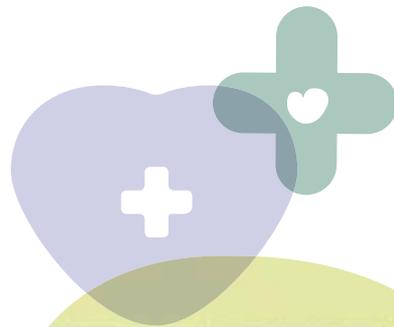
Choose three (3) questions to base your inquiry on using Who, What, Where, How and Why. For example, 'What is a throat swab?' or 'How does a heart valve work?'

Stick the post-it note in the middle of a large piece of paper and create a graphic organiser (such as a star chart, see below), showing the questions and what you found out about that word and its meaning. Present your inquiry charts to the class and explain what you found out.



NEW VOCABULARY

Antibiotics are drugs prescribed by a doctor or nurse that kill harmful bacteria in the body. If you have a strep throat, you may be given a course of antibiotics for 10 days. It is important to take your tablets for the full 10 days to prevent rheumatic fever.



Lesson 2 CHARACTERS

“A sore throat is serious and should be checked because it could be a strep throat which may lead to rheumatic fever and heart damage.”

We are learning to:

- List the ways that a sore throat can spread
- Recall what to do to stop a sore throat from spreading.

You will need:

- The ‘Sore Throats Aren’t Cool’ comic (provided)
- Art materials and paper
- Post-it notes for inquiry
- Books and the Internet
- Inquiry Learning Plan (provided).

The strep bug or streptococcus is carried in the water droplets of your spit.

So having a sore throat can be serious.

How can it spread? (Coughing, sneezing, touching other people’s spit and sharing drink bottles).

Activity

- Choose a character from the comic and trace or draw them onto a piece of paper. In a speech bubble have the character give one way to stop a sore throat from spreading (see above). Decorate the characters and stick them on the wall of the classroom as a reminder
- Using the pictures and the comic, develop further inquiry into rheumatic fever based on what you want to know
- Use post-it notes to make a vocab wall of words or phrases related to the topic of rheumatic fever.

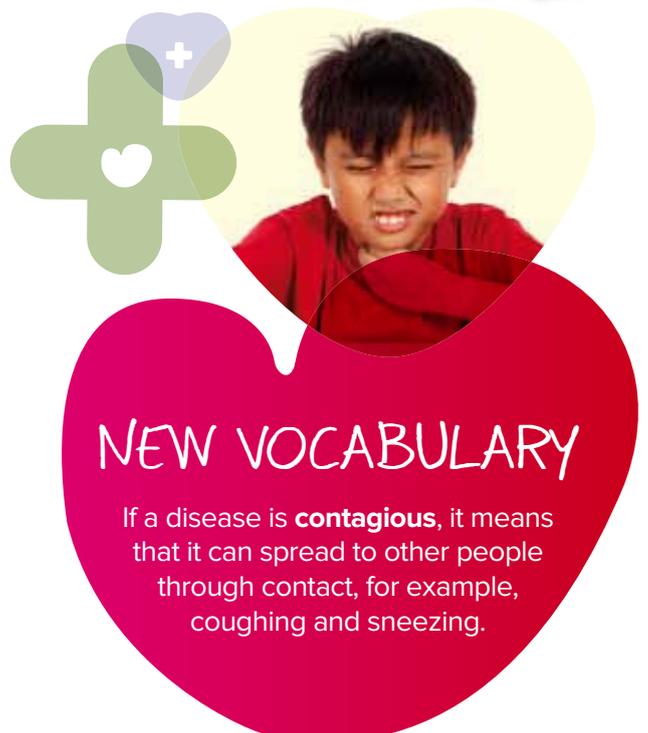


Teaching points

- Why is it important to look after a sore throat and what should you do if you have one? (It could be a strep throat that may lead to rheumatic fever and heart damage)

If you have a sore throat you should tell an adult, get it checked by a doctor or nurse, cover your mouth when you cough or sneeze, wash your hands and don’t share drink bottles

- How does the strep bug spread? (Through the water droplets of your spit)
- How could you stop the strep bug spreading? (Wash your hands, cover your mouth when you cough or sneeze and don’t share drink bottles).



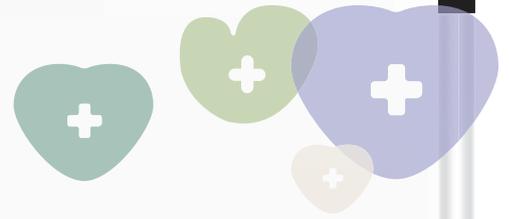
NEW VOCABULARY

If a disease is **contagious**, it means that it can spread to other people through contact, for example, coughing and sneezing.

CHARACTERS

Inquiry Learning Plan

INQUIRY STEPS		RESOURCES, MATERIALS, PEOPLE	TIMELINE
Introduction / Prior Knowledge	<p>As a class, what do we already know about strep throat, rheumatic fever and rheumatic heart disease?</p> <p>Have you met anyone who has had any of these things?</p> <p>Has anyone ever told you why you need to know about them? Who would know more?</p>	Nurse, someone who has experienced rheumatic fever	
Base Questions	<p>What do we want to know as a class about rheumatic fever?</p> <p>What questions do we want answered? e.g. What is rheumatic fever? Can we get it from other people at school?</p> <p>Before reading the comic or proceeding with activities in the unit plan, ask what you most want to know about rheumatic fever?</p>		
Inquiry Questions	<p>What questions do I have that cannot be answered easily (i.e. by asking someone or looking it up on Google)?</p> <p>These will be the starting place for further inquiry.</p>		
Action Plan	<p>What do I need to do to find the answers to my big questions?</p> <p>How will I provide evidence of what I have done and the learning that has taken place?</p>		
Action - Investigation and Learning	<p>This is when it all happens! Find answers to your questions.</p> <p>Begin your investigation. Decide HOW you are going to become involved in your Social Action and WHAT contribution you will make.</p> <p>Review your questions and change your plan if needed.</p> <p>Interview - search - produce - engage - create - craft - improve - imagine - get involved!</p> <p>Make a positive difference.</p>	Rheumatic Fever Unit Plan and activities, and 'Sore Throats Aren't Cool' comic	
Presenting	<p>Who will I share my learning with and what is the BEST way to do this?</p> <p>What resources do I need to organise (people, venue, materials, technology)?</p>		
Assessment and Evaluation	<p>What have I learned about rheumatic fever that I didn't know before? How has or will this learning help others?</p> <p>What would I do differently if I could start again?</p> <p>What were the best/worse aspects of the inquiry? Why?</p> <p>What do I want to learn more about because of this inquiry?</p>	Key messages from Rheumatic Fever Unit Plan and 'Sore Throats Aren't Cool' comic	



SORE THROATS Matter

If left unchecked some sore throats may lead to rheumatic fever, which can damage your heart.

When you get a sore throat:

- Tell an adult
- Get your throat checked by a doctor or nurse
- If you are given antibiotics, take them every day for 10 days
- Stop the spread: wash your hands, cover your mouth when you cough or sneeze and avoid sharing drink bottles.



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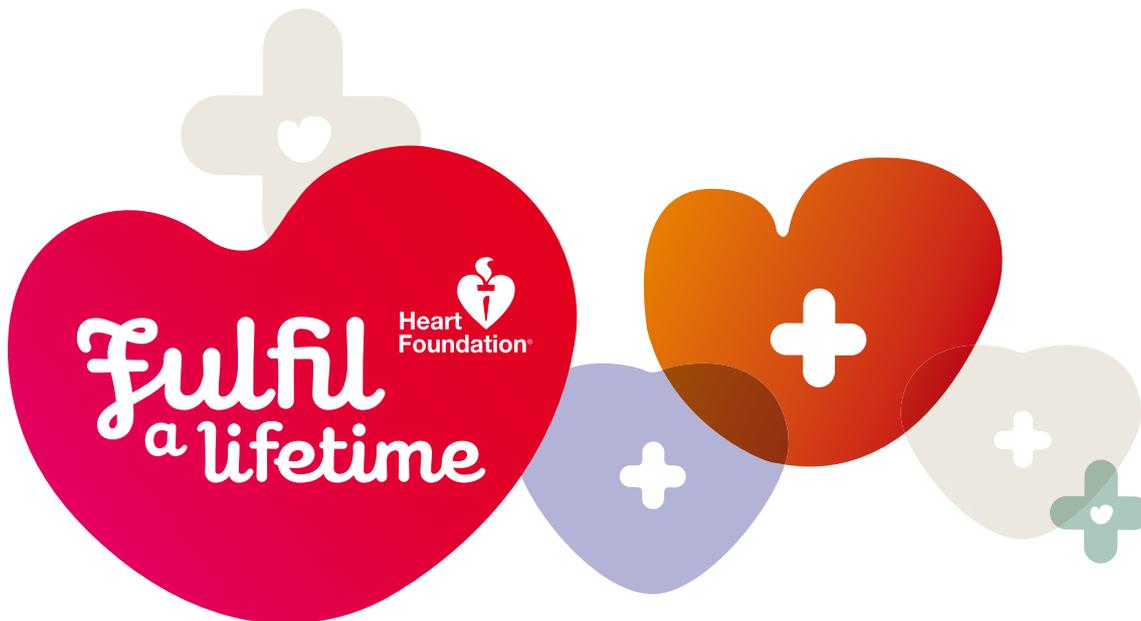
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We want you to fulfil a lifetime and look forward to precious moments with those you love.

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