**Hygiene SUPER Heroes**

Please read through these announcements carefully before implementing the campaign at your school. Some messages might need to be adjusted to match your school’s guidelines.

These announcements were created with the intention of an adult reading them to the students, unlike our other monthly campaigns that are written to be either an adult or student voice.

Days with yellow highlighted text indicate that there is some prep needed before that day's announcements. Adjust this campaign as needed to best suit your school’s needs.

**Monthly Campaign Announcements:**

| **Day 1** | Welcome back to school! In our community, we want to keep everyone healthy and safe. But it is not only up to the grown-ups at school, all students in every grade can play a huge part in helping to keep our school healthy and safe. That’s why we’re calling upon all students and teachers to become Hygiene SUPER Heroes! Hygiene is a set of practices we do in our daily routine that help keep us clean and protect us from germs and getting sick. Things like taking a bath or shower, washing our hands before we eat, cleaning our clothes, or brushing our teeth are common hygiene practices that everyone is familiar with. This month we will be learning all about healthy hygiene and how each student has the power to keep themselves and the whole school healthy and safe. To find out more about what germs are and why we need to protect ourselves from them, your teacher will share a video with you after the announcements.*Prior to this announcement, send staff the link to this video about germs, which they can show to their students.** *Share this link to The Jim Henson Company’s Germs! video -* [*https://youtu.be/ghLkwSlWSXw*](https://youtu.be/ghLkwSlWSXw)
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| **Day 2** | Yesterday we learned what hygiene is and why it’s important to keep yourself and others safe.We all need to chip in to keep our school healthy and safe, we can’t just be hygiene heroes -- we need to become Hygiene SUPER Heroes! So how do we all become SUPER you’re wondering? Well, let’s spell it out together!* S stands for **S**oap or sanitize your hands.
* U stands for **U**se your own items.
* P stands for **P**ersonal space.
* E stands for **E**lbows for coughing and sneezing.
* And lastly, R stands for **R**ecognize symptoms.

So the next time you find yourself asking what you can do to help keep yourself and your school healthy and safe, just remember to be SUPER! **S**oap or sanitize your hands, **U**se your own items, **P**ersonal space, **E**lbows for coughing and sneezing, and **R**ecognize symptoms.  |
| **Day 3** | Good morning Hygiene SUPER Heroes! Yesterday we learned that each of us has a SUPER hero role to play in keeping our school healthy and safe. One of the best ways to be a Hygiene SUPER Hero is to remember that S stands for soap or sanitize your hands. Germs live on surfaces like pencils, door knobs, tables and just about anything we touch. We can’t really go through our days trying not to touch anything at all, that’s just not realistic. So what can we do to protect ourselves from germs? A REALLY, REALLY important way we can protect ourselves is to use soap or hand sanitizer to clean our hands. After the announcements today, your teacher will share a video on how to properly wash your hands. If you have any questions, be sure to ask your teacher!*Prior to this announcement, send staff the link to this video about handwashing to show to students.* * *Share this link to Alberta Health Services’ A-B-Cs of hand washing video -* [*https://www.youtube.com/watch?v=OjrKDx6S4rk*](https://www.youtube.com/watch?v=OjrKDx6S4rk)
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| **Day 4** | Hello Hygiene SUPER Heroes! Does anyone have a favorite song they like to sing while soaping or sanitizing your hands? In yesterday’s video they sang the A-B-Cs when washing hands to make sure they’re washing for at least 20 seconds, but I think my favorite is to sing the first verse of twinkle, twinkle little star. Can you think of some other songs you can sing while washing your hands? Make sure your song lasts at least 20 seconds because that’s the minimum time you should be washing your hands so that they’re SUPER clean.  |
| **Day 5** | Washing your hands with soap and water is a little different than using hand sanitizer, but they both reach the same goal, which is to clean your hands. Hand sanitizer is easier to use because it doesn’t require a sink or anything to dry your hands.You just squeeze or pump some of the sanitizer on your hands and follow the same motions as when washing your hands with soap and water. The only difference is that after about 20 seconds of rubbing the sanitizer into your hands, your hands should be dry all on their own. |
| **Day 6** | Does anyone remember what the U stands for in SUPER? Good job to anyone who remembers that U stands for **U**se your own items! But why do we need to only use our own items? Because germs can live on all surfaces like pencils, water bottles, books and erasers. If we’re trying to stop the spread of germs, then using only our own items keeps us in contact with our own germs and nobody else’s! |
| **Day 7** | You may have noticed that the rules are different here at school than they might be at your home. That’s because our school is different from your home - there’s a lot more people here at school, unless your family is really, really big! So when you’re at home you follow the rules your family has set out, but when you’re at school you should follow our SUPER heroic guidelines. How do you follow the guidelines? Well being SUPER is a great start. Afterall, school is kind of your home away from home! |
| **Day 8** | We can’t be Hygiene SUPER Heroes without U! Are you making sure you’re *using* your own items? Each of us has our own items at school, like books, pencils, crayons, and water bottles. These are things we touch constantly throughout the day. We need to do our part to respect other people’s items by making sure we’re only using our own. If you need something to complete your work at school and don’t have it, ask your teacher if they can help you instead of asking a friend to lend you the item.  |
| **Day 9** | Sometimes, you might have questions about hygiene. Maybe you find some of the rules confusing, or wonder why everyone is being asked to follow them. We want to let you know that it’s okay. It’s okay to ask questions, always. If you ever feel like you don’t know what to do, please reach out to your family, your teacher, your principal or any other trusted adult you have in your life. Don’t be afraid to talk about the questions or concerns that you have on your mind! |
| **Day 10** | Remember how we’re trying to be Hygiene SUPER Heroes? Well the P in SUPER stands for: personal space.But what does personal space mean? It means keeping a comfortable and safe distance between you and other people around you. As a basic rule, if you and the person beside you were to both stretch your arms out, you should be far enough apart that your hands won’t touch. Without touching any of your neighbors, try it now. Having lots of free space isn’t always possible, but if you ever feel too close to your classmates, try to distance yourself if you have extra room to move. |
| **Day 11** | Are you remembering to be a Hygiene SUPER Hero at school? Remember the P stands for personal space, which means we’re doing our best to keep a safe distance from others.One super power that many people would like to have is invisibility! But in a way, we all have this power, because everyone has a bubble of personal space that is invisible to others. It is important to stay outside of other people’s bubbles, because no one would like having their bubbles popped! Our bubbles can keep us safe from germs and maintain comfortable personal space.Check your personal space right now - put out your arms, are you far enough that your hands won’t touch someone if they also put out their arms? Great - you are a Hygiene SUPER Hero! |
| **Day 12** | So far we’ve learned lots about S, U, and P as we strive to be SUPER. If you ever have trouble remembering, you can always reference the Hygiene SUPER Hero bulletin board in the school. Let’s review: S is for soap or sanitize your hands, U is for using your own items, and P is for physical distancing. So let’s dive into E, where E stands for elbows for coughing and sneezing. If you make the effort to cough or sneeze into your elbow, you’re doing an amazing job helping to keep those around you and your entire school safe! Let’s practice right now. You don’t need to pretend to cough or sneeze, just bring the bend of your elbow to your nose and strike a pose. Show your teacher and your friends how you strike a SUPER pose when you bring your elbow to your nose!This is a good time for teachers to evaluate how students cover their mouths when coughing / sneezing, especially the younger students that might not grasp the announcements fully.APPLE Schools would love to see these in action! Share on Twitter, Instagram, or Facebook and tag @APPLESchools so we can see. |
| **Day 13** | We recently learned that by coughing and sneezing into our elbows, we’re helping keep our community healthy and safe. Have you ever seen water sprayed from a spray bottle - how it creates a mist and kind of floats in the air for a short time? Well our mouths can be like spray bottles when we cough or sneeze! If we just cough or sneeze into the open air, there’s a good chance that we sprayed little droplets from our mouth out into the space around us. Those little droplets can be carrying germs and spread infections to other people that come in contact with those droplets. That’s why you’re a Hygiene SUPER Hero if you remember that elbows are for coughing and sneezing. If you react quickly and cover your coughs and sneezes, then you'll help stop the spread of germs, and that sounds pretty SUPER to me!  |
| **Day 14** | How do you put the R in SUPER? By RRrrrrrrrecognizing symptoms of course! But what does it mean to recognize symptoms? It’s kind of like how you know a banana is a banana. You recognize a banana because of its shape, colour, taste, smell and the texture. Well, our bodies warn us when we’re getting sick or if we’re already sick by showing symptoms like: fever, cough, shortness of breath or difficulty breathing, runny nose, and sore throat. Do some of these symptoms sound familiar? If you’ve ever had the flu you’ve probably felt some of these before. If you’re at school and think you might be getting sick, tell your teacher about how you’re feeling. Even better, if you don't feel well before school, tell your family and stay home. |
| **Day 15** | Yesterday we completed all the letters to become Hygiene SUPER Heroes and we focused on what it means to recognize symptoms. We mentioned 5 symptoms that we should recognize because they mean we might be getting sick. Can anyone remember at least one of them? I’ll give you 10 seconds to tell your teacher all the symptoms you can remember (wait 10 seconds). The 5 symptoms we talked about yesterday were fever, cough, shortness of breath or difficulty breathing, runny nose, and sore throat. But if you just came in from the cold outdoors and you have a runny nose, should you be worried? Well that's a great question, and after the announcements today your teacher is going to talk about how you can tell the difference between a symptom that happens naturally versus a symptom that may be caused by a virus.*Give your staff a heads up about this announcement. It is important for students to be doing self screening, however, it’s a good idea that their classroom teacher goes over some of the symptoms to better understand when a symptom is a real concern versus a nonconcern. For instance the difference between a cough that is new, persistent, and worsening versus a random cough after having a drink of water. As students are expected to be doing the Alberta government’s self screening questionnaire (found* [*HERE*](https://www.alberta.ca/assets/documents/edc-covid-19-screening-questionaire-english.pdf)*) they may want to pick out a few symptoms that they feel should be clarified to students.* |
| **Day 16** | It is important to consider that not everyone is comfortable giving high-fives, hand shakes, fist bumps, or hugs. So what can we do instead? Let’s try a few different options. Everyone stand up and face a partner. With your hands at your side, lean your upper body forward giving your partner a short bow (wait 10 seconds). Great job! If bowing isn’t your style, let’s try a jumping air high-five. On the count of 3, you and your partner need to jump up at the same time and high five the air between you. Ready? 1...2...3! (wait 5 seconds). Great work everyone! We just learned 2 ways to do a no-touch greeting. Now the challenge to all you heroes is for each classroom to get creative and come up with their own no-touch greeting. *This can be kept within each classroom as a small challenge or opened up to the whole school to share their creative greetings.* APPLE Schools would love to see these in action! Share on Twitter, Instagram, or Facebook and tag @APPLESchools so we can see. |
| **Day 17** | Being a Hygiene SUPER Hero is a great way to keep you and others safe and healthy. But did you know that eating healthy foods, getting lots of physical activity, and having positive mental health all contribute to building and keeping a strong, healthy immune system? Your immune system is your body’s way of fighting off viruses and other infections. If we’re going to be heroes, we better have an immune system that’s ready to tackle germs! Let’s boost that immune system with healthy foods, lots of physical activity, and positive mental health! Who’s ready to take action right now? Everyone stand up and give yourself some space to do jumping jacks. Let’s do 5 jumping jacks together. Ready? 1...2...3...4...5! Wow, that felt great! Good job boosting that immune system everyone! |
| **Day 18** | Every superhero has strengths or things that they're good at, but they also have weaknesses or things they aren’t very good at. Like Superman for example. Superman is really, really strong and can move faster than a speeding bullet, but he becomes weak whenever he gets too close to kryptonite. As Hygiene SUPER Heroes, we’re no different. Each of us are going to be really good at some things, but maybe need to work a little harder at others. I think I’m really great at cleaning my hands with soap or hand sanitizer, but I think I need to work on making sure I only use my own items. Sharing is caring, but maybe I’ll focus on sharing less items and more kindness! What can you improve on when being SUPER? |
| **Day 19** | Yesterday we talked about what parts of being a Hygiene SUPER Hero we’re really good at and what parts we need to work on. Sometimes I think I need to work on remembering how to be SUPER. Do you all remember what the S, U, P, E, and R stand for? Maybe each classroom can help me remember!Your challenge as a classroom today is to make a video showcasing how your classroom remembers SUPER. S - soap or sanitize your hands, U - use your own items, P - personal space, E - elbows for coughing and sneezing, and R - recognize symptoms. I can’t wait to see what you come up with!*Let teachers know ahead of time about this classroom challenge and organize how you will be running it. Who will teachers submit their classroom’s video to and is there a way you can share each classroom’s video with other classrooms?*APPLE Schools would love to see these in action! Share on Twitter, Instagram, or Facebook and tag @APPLESchools so we can see. |
| **Day 20** | Eating healthy foods like fruits and vegetables is a great way to boost our immune systems and help our bodies fight off infections. Do you know what else is SUPER important to remember about the foods we eat? Making sure that we’re only eating our own foods and not sharing with others. Remember how we want to use our own items? Well the same thing applies to the foods we eat at school. Yes it’s very kind to offer food to others, but at school we're not sure if your food is safe for other kids due to allergies or germs, so best to keep it to yourself. |
| **Day 21** | Now that everyone is an experienced Hygiene SUPER Hero, let's do a mental wellness check-in! Think back to the very beginning of the school year - how were you feeling about hygiene at school? After learning about hygiene all month, and getting used to the new routines at school, how do you feel now? After the announcements today, have a discussion in your classroom with your teacher about how your feelings have changed since the start of the year, or maybe why they haven’t changed. What helps you feel safe and healthy and what makes you feel unsafe at school? Let your teacher know!Inform your staff about the content of this announcement prior to delivering it. The goal here is to create discussions in classrooms to gauge which methods, guidelines, or policies are having an impact to help students feel safe and confident at school, and which elements of the school environment still create anxiety for them. This can be valuable feedback to help your school address areas for improvement to manage good hygiene practices, as well as a celebration of the elements that are working. |
| **Day 22** | Congratulations everyone on becoming Hygiene SUPER Heroes this month! Today is the last day of the Hygiene SUPER heroes campaign, but everything you’ve learned this month you’ll need to practice every day! That means you’ll need to remember how to be SUPER in order to help protect yourself and the school community during the entire school year. I’ve seen your SUPER skills in action and together I know we can work to keep this school healthy and safe. Great job so far everyone! |