

## Merton Bank Primary School – Growth and Wellbeing Week 2021

### Day 3 Community Heroes – Session 2

Session	Context	Tasks to complete	You will need:
<b>Session 2</b>  Research a community hero. What is a day like in your shoes?	Think about the community heroes that you listed in the previous activity. Research one of your community heroes. Use Google to help you.  <b>Things to find out:</b> Do they have an official job title? Do they need to wear a uniform? What hours do they work? Do they work shifts? What jobs do they need to do every day? Do they need to drive as part of their job? Do they deal with members of the public?	<b><u>A Day in the Life of a Community Hero</u></b>  Use your research to write a diary entry of what life is like for one day in that job. Remember to include the details that you have found out. Alternatively, you could draw a series of pictures to identify the different things they do throughout the day.	Internet access Paper Pencil /pen / coloured pencils

## Session 2 examples:

# A DAY IN THE LIFE OF A PEDIATRIC NURSE

A day in the life of a pediatric nurse is never boring. Pediatric nurses care for patients from newborns to teens, treating a variety of illnesses and injuries. Take a look at the many tasks pediatric nurses may encounter throughout their days.

**ORGANIZE PATIENT LOADS**  
Nurses receive their expected patient load each day and organize their time in often busy institutions.

**GATHER PATIENT INFORMATION**  
Throughout their days, pediatric nurses gather vitals and important patient background information.

**Patient 1:** 2-year-old boy with chicken pox  
**Patient 2:** 5-year-old girl complaining of a sore throat and cough

**PERFORM EXAMINATIONS**  
Pediatric nurses perform routine examinations for sports physicals, yearly wellness checks and more.

**ADMINISTER VACCINATIONS**  
Pediatric nurses give vaccinations like flu shots to patients.

Administer a flu shot to a teen and one 10-year-old girl

**57.9%** of children ages 6 months to 17 years received the flu vaccine last flu season. <sup>(1)</sup>

**ENTER MEDICAL RECORDS**  
Information from previous patients, including vitals, medications and any follow-up plans, needs to be entered into electronic medical records (EMR) systems.

**REVITALIZE**  
Self-care is important for all nurses. They must make time to eat, get fresh air and collect their thoughts to ensure they're performing at their best.

**HOSPITAL ROUNDS**  
Many pediatric nurses make rounds with doctors at hospitals.

**61%** of nurses work in hospitals in the United States. <sup>(2)</sup>

**CHECK ON PATIENTS**  
Pediatric nurses work in a variety of specialties and often take care of patients for extended periods of time.

**Patient 1:** 9-year-old girl with leukemia, daily vitals check  
**Patient 2:** 13-year-old boy who had surgery after a dislocated shoulder, check joint movement  
**Patient 3:** 17-year-old boy recovering from upper respiratory infection and flu, administer meds and check vitals  
**Patient 4:** Toddler in PICU suffering from pneumonia, check vitals and report to parents about condition

**WRAP-UP SHIFT**  
Pediatric nurses finish their day by charting and entering more information into EMRs.

### Colloquial Language

You should try to use chatty/informal language.

### Follow a "Diary Style"

Start each entry with a date and "Dear Diary".

### First person

Remember to use personal pronouns (in particular: I/We)

### Chronological order

Your diary should be in time order, using adverbials.

### HOW TO WRITE A:

# DIARY

### Self-reflection

Try to include your thoughts, feelings, opinions and hopes (inside speech marks).

### Past Tense

A diary is about what has already happened.

### Detailed descriptions

Remember to use more than one sense, to make your description more imaginable. Similes and metaphors can also be effective.

## To write a good diary entry you need to include...

- Date
- Dear Diary... to start
- First line summary... Today has been great!
- Chatty style
- Written in the first person 'I'
- Written in the past tense
- Questions
- Hope for the day



## Planning a Diary Entry

A diary is a written record of how someone feels on a daily basis. It includes their events, feelings and experiences.

It is written in the **first person**, the writer is writing about themselves.

It is written in the **past tense**, it has already happened.

It is a **self reflection**, the writer writes about their feelings, thoughts, hopes and fears.

**Written in paragraphs and the style is informal.**

### **Plan**

Date including which day of the week: \_\_\_\_\_

Time connectives you will use: \_\_\_\_\_

What happened?

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How did you feel? (describe your emotions): \_\_\_\_\_

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Did you feel the same way all day? \_\_\_\_\_

When did your feelings change and what made you change the way you felt?

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If this were to happen again what would you do differently?

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What did you learn from today's experience?

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