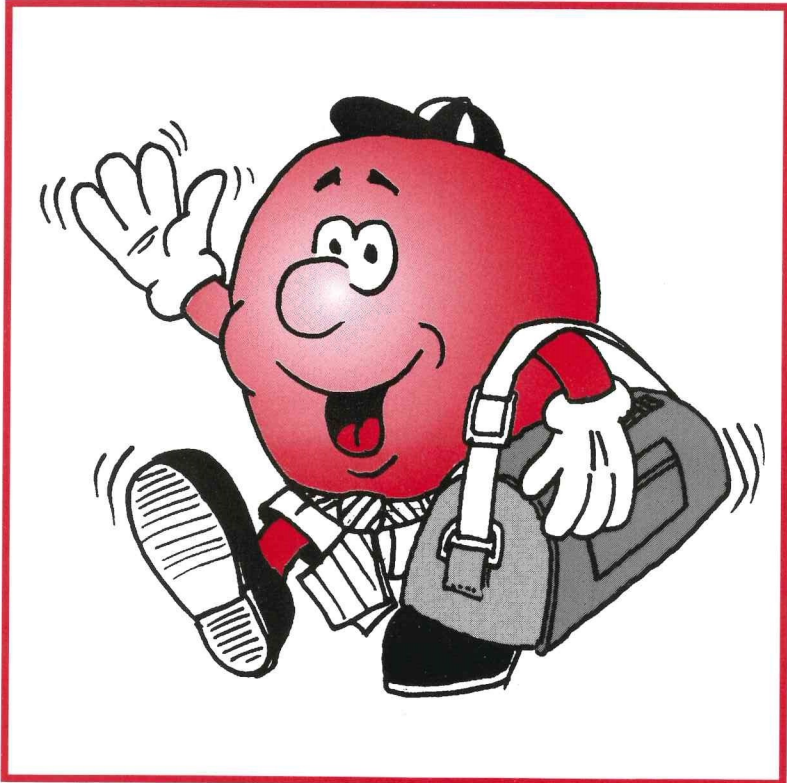


# TIM GOES TO SCHOOL

Sickle Cell Education in Schools



©



Sickle Cell & Thalassaemia Support Project  
(Wolverhampton)

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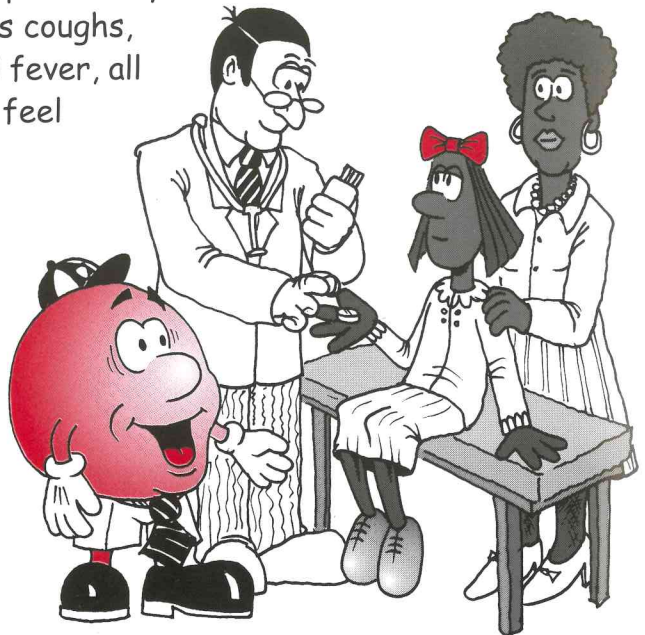
Hi, this is my friend 'Selina', like me Selina has a **Sickle Cell Disorder**, which she found out by having a blood test. Selina wants me to go to school with her today so I can tell you what it is like for her to have a Sickle Cell Disorder.

*In the morning at Selina's house...*

If Selina does not take care of herself she can become ill and feel pain in her body, this is called a '**crisis**'. Selina does not want to be ill. Selina's mum and doctor have told her what she should do to help her stay healthy and well.

Every morning and afternoon Selina takes some **medicine** called '**Penicillin**'. This will help her body **fight infections** such as coughs, colds, sore throats and fever, all of which will make her feel unwell.

The Sickle Cell Disorder can also cause Selina to sometimes feel **tired** - this is called '**Anaemia**', Selina takes a vitamin called 'Folic acid' to help her stay well.





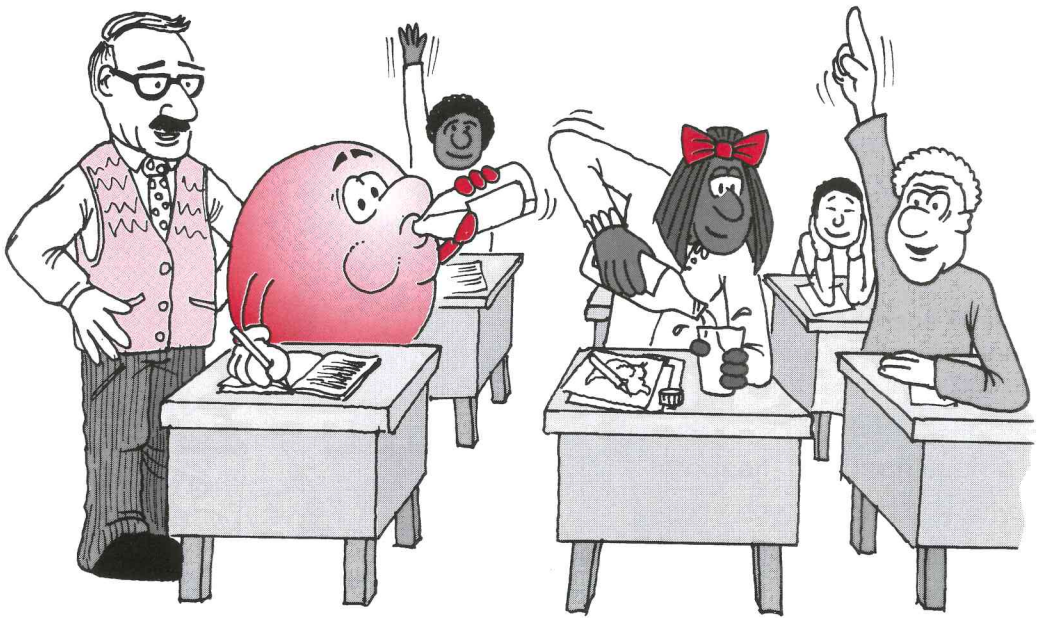
Every morning after breakfast Selina makes sure she takes something to **drink** with her to school. Selina's doctor has told her that if she does not drink enough water this can bring on a 'crisis'. She should drink water, squash, milk or fruit juice but not too many fizzy drinks because they can make her stomach hurt.



It is cold and windy outside and it looks like it might rain. Selina knows that it is important that she stays **warm and dry** when she goes outside. Her school is not very far away, so we will walk to school and wear our hats and coats to make sure that we are warm and dry if it starts to rain.

*In school...*

Selina's teachers and school nurse know that she has a Sickle Cell Disorder - Selina's mother has told them everything they need to know. Selina is happy about this because it means that she can take **good care** of herself in school by drinking in the classroom and going to the toilet when she needs to. If it is cold she can wear her coat in the classroom. She can also stay inside during playtime if it is wet outside. Selina's Teacher also knows what to do if she is unwell and feels pain.

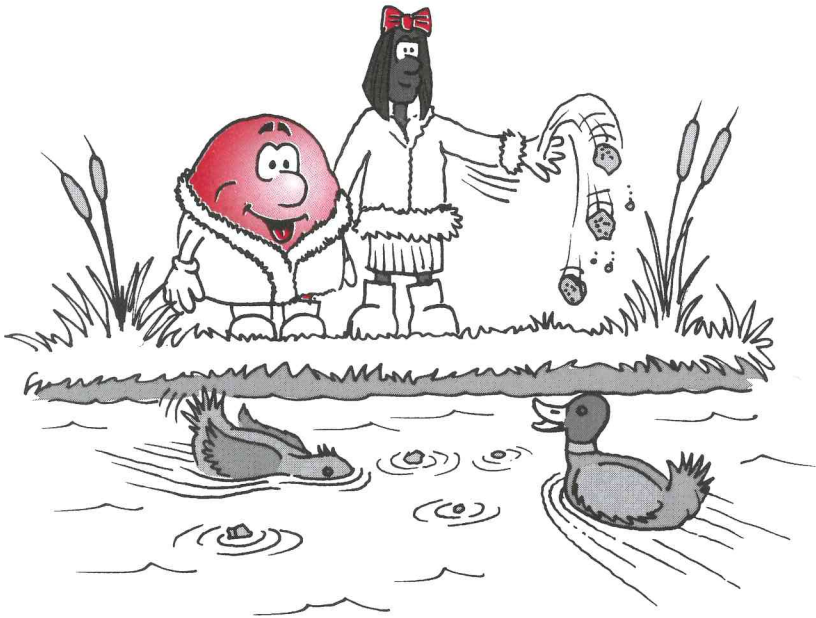


Selina's Teacher has told us that we are going on a school trip this afternoon - we are going to the park to feed the ducks - I am so excited, I have never fed ducks before, I think I am going to have alot of fun!. Selina is also excited because her Teacher has said tomorrow everybody will write a story about the trip and draw pictures of the ducks and the best story will get a special star!!!. Selina loves writing stories, drawing and colouring pictures - she has told me that she will try her best to get the special star.

*At the park....*

We are wearing our coats and have given our hats to the Teacher because it is not very cold.

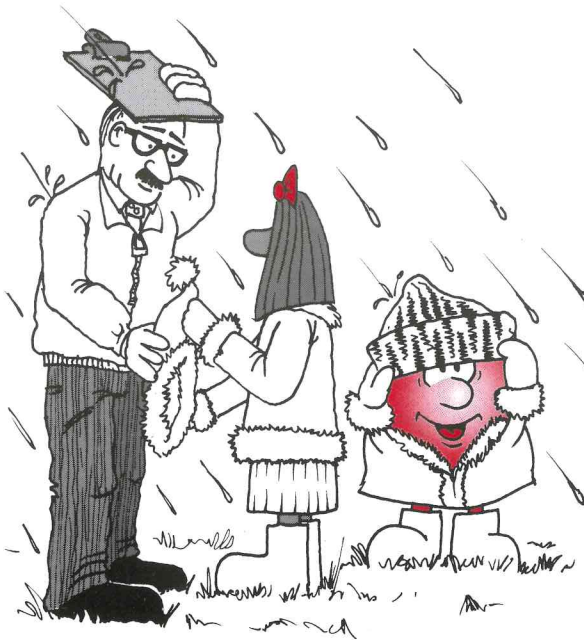
The Teacher has given all of us some bread, yummy it is very tasty!. But why is Selina laughing at me - she has told me that the bread was not for us to eat but to feed the ducks!, of course, how silly of me!.



Selina has given me some of her bread and has told me NOT to eat it this time!. She also showed me how to feed the ducks - it is great fun, 'here ducky, ducky, come and eat some bread'.



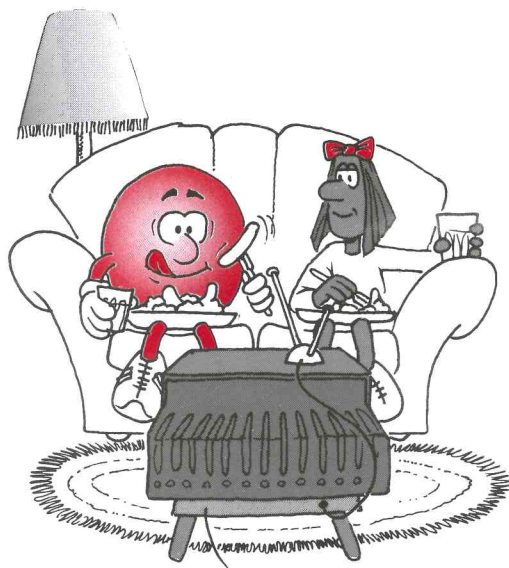
We are having so much fun feeding and running after the ducks - oh no, why is that duck running after me? "Selina help me" - the duck is chasing me!. Selina has told me to drop the bread because the duck is running after the bread in my hand!. "You greedy duck!"



Oh dear, it's been such a funny day, I wonder if any thing else will happen! Oh no, can you believe it, it's raining!. Selina's Teacher knows that it is important that Selina and I stay dry so they have given us our hats to wear.

After all the running and playing with the ducks we all have some drinks and time to **rest** for a while.

The Teacher has told us that it is now time to go back to school because it is almost home time. Selina has told me that she will miss the ducks but is excited about writing her story and drawing pictures of the duck chasing me!. But I won't miss the ducks at all!



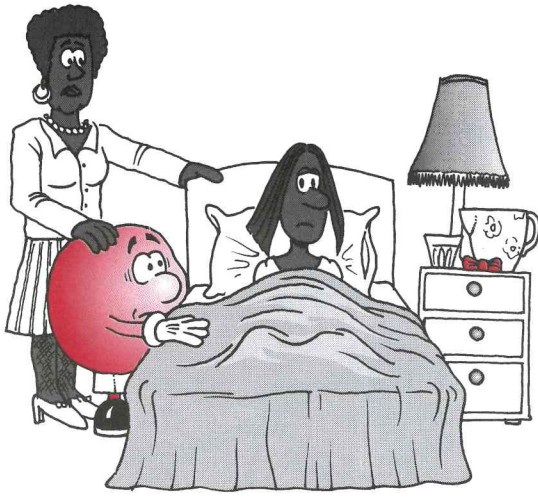
*At home....*

Selina has asked me to stay at her house and go to school with her again tomorrow because she wants to read my story about the school trip and look at the pictures that I will draw.

*That night....*

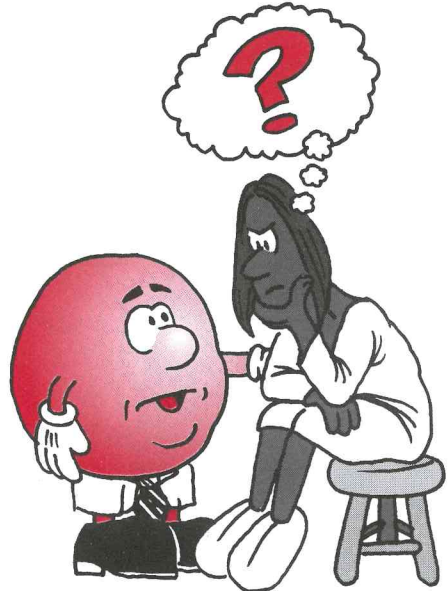
Selina is feeling tired and does not feel very well, she has a headache and some backache. Selina's mum has given her some medicine to take the pain away and has left her a fresh jug of squash for her to drink during the night. Her mum has told her that if she does not feel better soon she will take her to the hospital to make her well again.

*In the morning....*



Selina slept through the night and is feeling better this morning but she still has some pain. Selina's mum has spoke to Selina's Teacher and they both think she should rest at home today - Selina knows that **rest** will be good for her if she wants to get **better**.

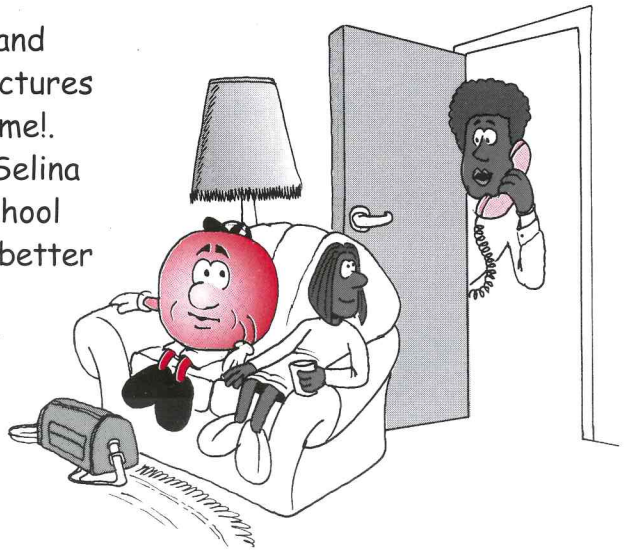
Selina does not understand why I am not feeling any pain. I have told her that Sickle Cell Disorder can affect people differently, this means, what causes pain in her body can be different to what causes pain in my body.



Although Selina has obeyed her doctor's orders it is still important for her to think about what else caused her to feel **pain**. It could be that she did not take enough rest or drink, or she may even have had too much excitement. This is important so that next time she can be more careful.



I will go to school today and write a story and draw pictures of the duck that chased me!. This is not fair because Selina does not have to go to school today. But when Selina is better she will go to school and write her story and draw pictures of the ducks.



"Hold on, what's this?" Selina's mum has told her that her Teacher has said that she does not want Selina to miss out on any school work when she is not well. If she is feeling better later on she can write her story and draw her pictures at home and bring them to school with her when she feels better. This has made Selina very **happy** because she still can try to get that special star!.



Now that Selina is happy, I hope that I will have a better day today. "Oh no, is that the time, I think I'm going to be late for school, bye Selina!, bye EVERYONE!"

# TIM'S WORD SEARCH

Can you find all of the words?

BLOODTEST  
HOSPITAL  
DRINK  
SELINA

MEDICINE  
REST  
DOCTOR  
CRISIS

SICKLECELL  
WATER  
SCHOOL  
HEALTHY

TIM  
TIRED  
COAT  
COLD

H	E	A	L	T	H	Y	O	P	G	C	M
K	S	V	C	D	O	C	T	O	R	F	E
T	E	I	B	T	I	M	E	C	O	L	D
S	L	S	C	H	O	O	L	D	D	A	I
E	I	G	U	K	N	I	R	D	E	P	C
T	N	A	W	C	L	X	W	Z	R	L	I
D	A	O	S	J	N	E	V	A	I	Q	N
O	D	S	I	S	I	R	C	V	T	Q	E
O	B	S	H	C	R	E	T	E	W	E	M
L	X	C	L	O	L	S	H	F	L	J	R
B	Q	W	J	A	M	T	C	V	B	L	P
J	E	L	A	T	I	P	S	O	H	Q	K

**KEY WORDS:** CAN YOU REMEMBER WHY THESE WORDS ARE IMPORTANT TO TIM AND SELINA?

SICKLE CELL DISORDER  
WARM AND DRY  
CRISIS  
GOOD CARE  
PENICILLIN  
HAPPY  
BETTER

MEDICINE  
TIRED  
DRINK  
ANAEMIA  
FIGHT INFECTIONS  
REST  
PAIN

We hope you enjoyed reading about Tim and Selina.

If you have a Sickle Cell Disorder, or are a girl or boy who did not know what a Sickle Cell Disorder is, we hope Tim's Activity Pack has helped you understand.

We would like to know the names of all the children Tim's Activity Pack has helped.

In the spaces provided please write your name, age and the name of your school. If you like colouring in like Selina, you can also colour in the picture.

**Please ask your Teacher to help you if you are not sure about what to do.**

When you have finished, give the picture to your Teacher who can send it to us to display.

My name is .....

I am ..... years old

I go to ..... School

I have Tim's Activity Pack, which has helped me understand about Sickle Cell Disorders.



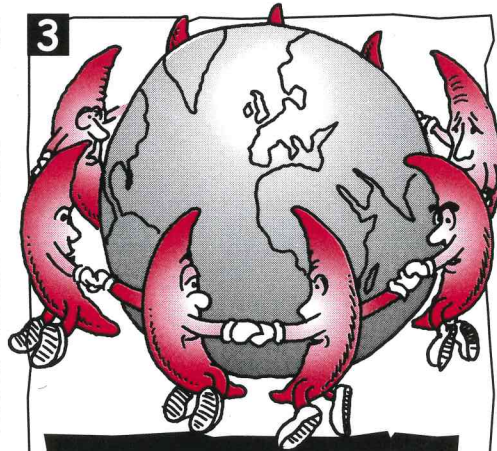
# Sickle Cell Anaemia

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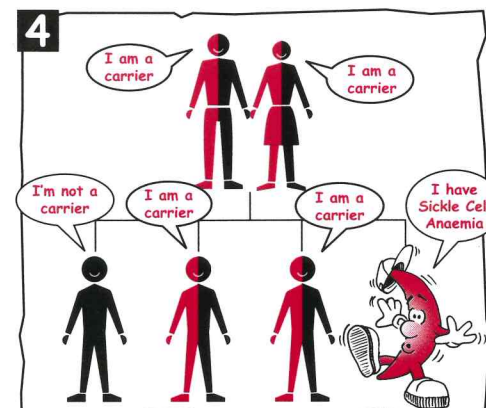
When Tim has a poor supply of Oxygen ( $O_2$ ), he cannot float easily around the body because he changes shape to a sickle shape. This sometimes happens because he was born with Sickle Cell Anaemia.

3



Sickle Cell Anaemia is a blood disorder, which can make you ill. It can happen to anyone around the world.

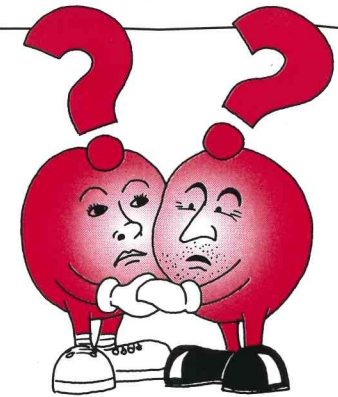
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Sickle Cell Anaemia was passed on to Tim by his parents.

Tim's parents both have sickle cell trait. This means that they are both healthy carriers and they are not ill.

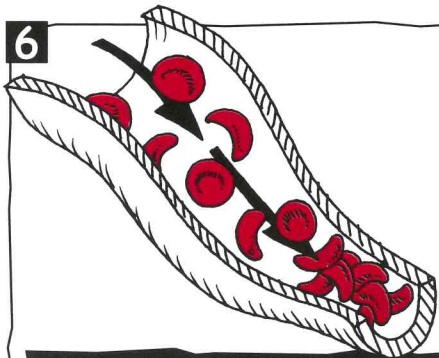
5



If you are a Sickle Cell carrier you might not know you have it because it does not make you ill. But if mum and dad are carriers then they can pass it on to you.

The doctor can do a special blood test to find out if you are a carrier.

6

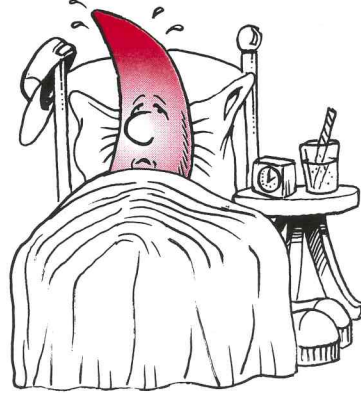


When you have Sickle Cell Anaemia your red blood cells cannot flow easily around the body.

- They clump together
- Block blood vessels
- Reduce oxygen ( $O_2$ ) and blood flow, which causes pain.

This is called a crisis. A crisis can happen in any part of the body.

7



If Tim has a crisis he will need rest and special care from his friends and family.

The doctor may need to visit Tim at home or Tim may need to go to the hospital.

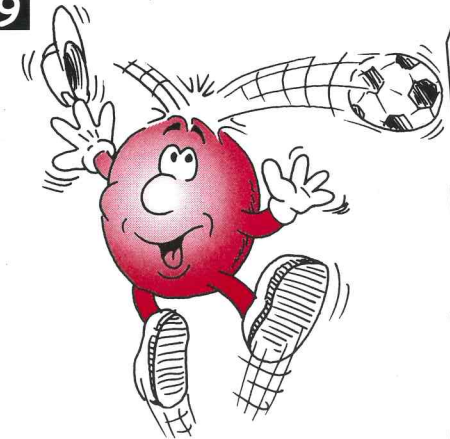
8

Tim must stay healthy by:

- Keeping warm indoors.
- Wrapping up warm before going outside in cold weather.
- Drinking lots of fluids.
- Taking lots of rest so Tim does not get too tired.
- Eating healthy foods.
- Taking any medicines ordered by the doctor.
- Keeping any hospital appointments.



9



A lot of the time Tim is healthy and happy, and can go out to play.