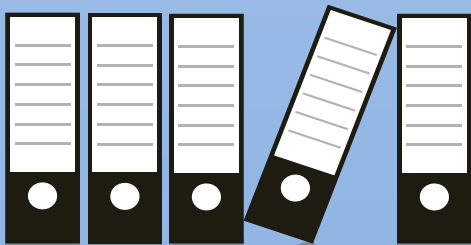


GET INVOLVED FUNDRAISING & LESSON PLANS



Introduction

Despite the misery it causes, Histiocytosis is too rare a disease to have generated substantial research in medical circles. Unfortunately, for every child or adult fighting for his or her life, the pain and suffering are just as severe for children and adults afflicted with other better known disorders receiving funding.

For the children and adults battling these illnesses, there is now reason to hope. To ensure the research continues, we ask for your help, to complete the funding puzzle.

Our awareness and research programmes provide a beacon of hope for the many children and adults battling Histiocytosis, to ensure this research continues we ask you to pledge your support.

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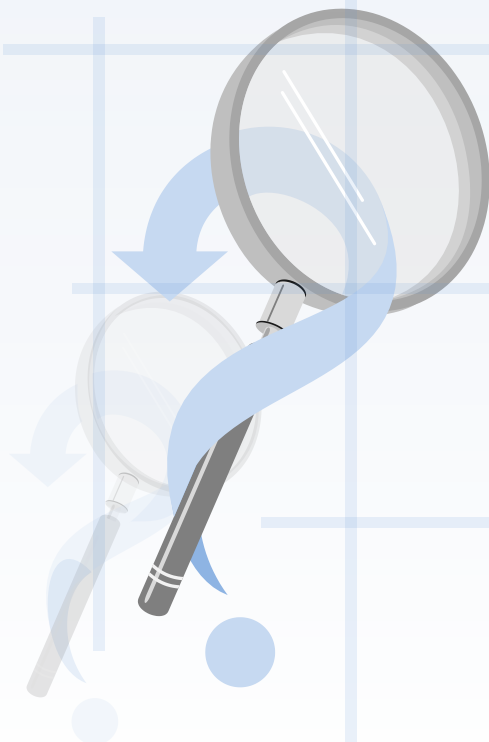
WHAT IS HISTIOCYTOSIS

WHO WE ARE

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WHAT IS HISTIOCYTOSIS

What is Histiocytosis?

Histiocytosis is an umbrella term applied to a group of rare diseases, characterised by increased numbers of white blood cells called histiocytes in the blood and tissues. In all forms of histiocytosis, these cells, which are part of the protective immune system, begin to attack the body, targeting many organs of the body including the bone marrow, liver, spleen, lungs, skin, bone and brain.

The prognosis for patients varies greatly depending on the form of histiocytosis.

Please be advised that all the information you read in this document is not a replacement for the advice you will get from your consultant and their team.

Who we are?

Histiocytosis UK is a registered charity dedicated to promoting and funding scientific research into uncovering not only the causes of all histiocytic diseases, which include Langerhans Cell Histiocytosis and Haemophagocytic Lymphohistiocytosis, but also ensuring early diagnosis, effective treatment and a cure.

The Charity aims to support patients and their families by means of information and awareness as well as raise public and professional awareness of histiocytic disorders. Its team of Trustees include the UK's leading paediatric LCH and HLH specialists.

Histiocytosis UK Registered in England & Wales. Charity No. 1158789.

Email: Histio@HistioUK.org . www.histiouk.org

Schools Fundraising

A-Z fundraising ideas for schools

There are many ways your school can help raise money for Histio UK. We have created a helpful A-Z of interesting fundraising ideas to get you started.

<p>A</p> <p>Art with a heart - use pupils' artwork and turn it into fundraising products for parents to purchase Perfect as gifts around Mother's Day and Father's Day</p> <p>Art Attack - run an arty competition for pupils to create artwork based around a fun theme</p> <p>After school party</p> <p>Auction</p>	<p>N</p> <p>Non uniform day</p> <p>Netball</p> <p>Numbers Day</p>
<p>B</p> <p>Bring and buy sale</p> <p>Book sale</p> <p>Battle of the bands - Great fun for everyone. Ask older pupils to lead on organising the event</p> <p>Bingo</p> <p>BBQ</p>	<p>O</p> <p>Olympics themed fun day - get excited about the Olympics all over again by holding your own version - you could even split pupils into teams and give them names of countries</p> <p>Opera in the Playground</p>
<p>C</p> <p>Cake sale</p> <p>Carol singing - We can supply you with all the collection tins you need</p> <p>Coin trail - ask every pupil to bring in spare change, lay them all out in a trail and see how far around the school you can get</p>	<p>p</p> <p>Pop Star Day</p> <p>Picnic In the Park,</p> <p>Pantomime - whether this is a new thing for your school or your pantomime experts,</p> <p>Pyjama day - Ideal for nurseries and younger pupils but fun for everyone, ask pupils to come to school in their</p>

	<p>Car wash - get the sponges out and get the whole school involved in washing parents' cars. Perhaps best as a Summer term activity</p> <p>Caption completion</p>		<p>favourite pyjamas with a donation in hand</p> <p>Promises</p> <p>Poets corner - run a writing competition for all of those budding poets in you school</p> <p>Pottery Day</p>
<p>D</p>	<p>Disco - sell tickets and encourage your pupils to get their dancing shoes on</p> <p>Design and sell items depending on the time of year - calendars, Christmas cards, Mother/Father's day cards, or Easter cards are all great ideas</p> <p>Disney day - a magical twist to your usual mufti day. Ask pupils to pay a set donation to dress up as their favorite Disney character for the day</p>	<p>Q</p>	<p>Quit Sweets Day,</p> <p>Quizzes - This works well run by teacher for pupils, by older pupils for younger classes, or even pupils setting quizzes for parents after school. Source prizes from local business and get quizzing</p>
<p>E</p>	<p>Easter egg hunt - Hide chocolate treats around the school and set hints and clues for pupils</p> <p>Easter egg decorating - ask pupils to paint and decorate eggs for parents to purchase</p> <p>Egg & Spoon Race</p>	<p>R</p>	<p>Rugby tournament</p> <p>Raffle - Exactly what it says on the tin - you could source prizes from local businesses and/or parents and sell tickets</p> <p>Reading Day bring your favorite Book</p> <p>Recycling - and send to : http://www.recycle4charity.co.uk/Home</p> <p>Or</p> <p>http://www.terracycle.co.uk/en-UK/Terra</p>

<p>F Fancy dress - ask all the pupils (and teachers too) to dress up as their favourite character for a day and pay £1 for the privilege</p> <p>Fun day - take a few fun ideas from this list and run an all day event</p> <p>Fête</p> <p>Fashion show - This might be something your older pupils might like to run themselves (with your guidance of course)</p> <p>Fun run</p>	<p>S Show Time - This is an annual UK wide fundraising event where everyone of any age can show off their talents.</p> <p>It is easy and fun to take part in whatever your talent:</p> <p>Act, Cook, Dance, play an Instrument, Recite Poetry, Sing, Jest or Juggle.</p> <p>The Floor is yours!!</p> <p>Shush day- challenge pupils to stay quiet</p> <p>Sponsored - Walk, swim, run, sing, dance, skip, or sit in a bath of beans - and ask for sponsorship while doing so</p> <p>Sports day - Tie in your fundraiser with an existing sports day to make it as easy as possible.</p> <p>Sponge throw! - Ask pupils to donate in return for getting to launch soapy sponges at you and your fellow teachers. Best done on a sunny day</p>
<p>G Guess the number - this could be everything from buttons in a jar to ping pong balls in a bucket - charge 20p, 50p or £1 to enter depending on the prize</p> <p>Games day - Let pupils bring in toys and games to play with on the last day of term and ask for a donation in return</p>	<p>T Teddy Bear's Picnic,</p> <p>Tango Lesson</p> <p>Tea and Toast Day,</p> <p>Tea @Threeeee,</p> <p>Talent contest - Do you have a pupil who thinks they are the next pop star? Hold a talent contest for them to showcase their skills! You could make it TV show</p>

	<p>Garden Open your school GARDEN IF YOU HAVE ONE!</p>		<p>style by nominating judges to pick the winners</p> <p>Treasure hunt - Put together a treasure hunt, split pupils into pairs or teams and let the detective work begin! Ask a local business to donate a prize for the winning pair/team, and set a suggested donation amount for entering</p>
H	<p>Halloween - party/fancy dress/quiz - anything 'scary-themed'</p> <p>Histio Hatters - Is an annual event held during Histio Awareness Month of September or you may hold your own Histio Hatters day at any time!</p> <p>Download lesson plan.</p>	U	<p>Under the duvet day a sponsored Sleep lesson!!</p> <p>Uniform day for teachers</p>
I	<p>It's A Knockout - embrace some 70s TV nostalgia and set up your own wet and wacky obstacle course</p> <p>Indoor Games</p>	V	<p>VE Day a 40's Theme Day</p>
J	<p>Jumble sale - Ask pupils to bring in one toy, book or item each and hold a jumble sale. You could also hold a cake sale at the same time to raise even more</p> <p>Jokes - Ask each pupil to bring in their favourite joke and a £1 or £2 donation and hold a class or assembly dedicated to joke telling</p>	W	<p>Wear Colour for Histio Month, Who dunnit Walk the Walk Wigs only Day ,</p>
K	<p>Karaoke</p> <p>Keep Quiet Day!</p>	X	<p>Xtreme Sports!</p> <p>X-Factor singing competition</p> <p>Xmas card recycling</p>

<p>L</p>	<p>Lunch Celebrations:</p> <p>Lunch - why not choose a theme with your class or invite a chef from a local restaurant to cook and the pupils make a set donation for this extra special scrumptious treat</p> <p>Anything on Toast! Cheesy eh!</p>	<p>Y</p>	<p>Yoyo & Hula Hoop day</p>
<p>M</p>	<p>Mufti day – tried, tested, and loved by pupils everywhere! Ask pupils to pay a set donation (£1 or £2 each) to wear their own clothes to school</p> <p>Magic show – Invite a magician to the school or ask budding magicians in your school to get together and hold a magic show</p> <p>Music show/concert/practice – This could be an existing concert, asking musical pupils to play in a gig or getting sponsored to practice their musical instruments.</p> <p>Make Over Day</p>	<p>Z</p>	<p>Zzzzz's you must be tired by now!</p> <p>Hold a sponsored sleepover at school. To make this event even bigger you could join up with other local schools and hold one big sleepover</p> <p>Zumbathon</p>



Lesson Plans

Histio UK has put a number of resources together for your school.

Download curriculum-linked lesson plans with links to Key Stages 1, 2, 3 and 4 and first, second, third and fourth level of the Curriculum of Excellence in Scotland.

You will also find template assembly presentations suitable for primary school and secondary schools to help you teach your pupils about Histio UK

Downloadable school resources

Histio UK curriculum chart links

Histio UK What is a charity lesson plan - Under 11 years & 11-16 years

Histio UK Show Time - KS2

Histio UK Practice the moves-Histio on the move - KS2

Histio UK Assembly plan presentation

Histio UK Histio Hatters Day lesson plan - hat making templates

Download from: www.histiouk.org/resources/Downloads/Downloads/Forms

