



Healthy Tales



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**Children's Annual Quality
Statement 2018 - 2019**



We'd like to introduce the first ever children's Annual Quality Statement which has been developed at the request of Public Health Wales' Young Ambassadors. We worked with St Johns Ambulance Cymru Wales and children from the Griffithstown Badgers to write a set of stories which share important public health messages relating to resilience, healthy eating, exercise and looking after your teeth. The group also illustrated each story.

We hope you have as much fun reading these stories as we did working with the children to write them.

The Healthy and Unhealthy World

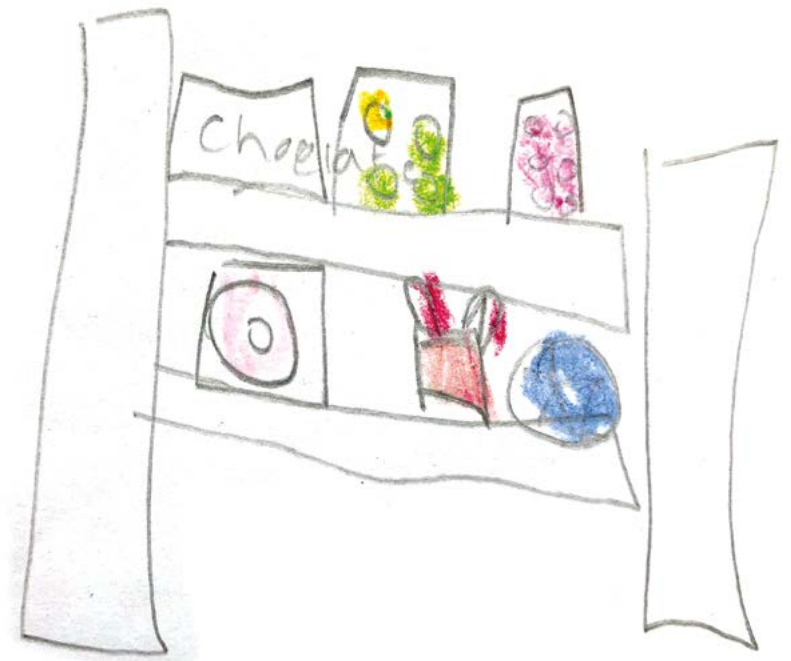
By Cariat, Daisy-Mae, Megan, Nathalia, Scarlett, Seren and Thomas

Once upon a time...

there was one world split in two. Both parts were ruled by princesses, but one half of the world was healthy while the other half was unhealthy. The unhealthy princess was called Sugar Queen and the healthy princess was called Healtharella. Healtharella had three unicorns called Sklar, Maddy and Amy.



These unicorns did healthy things like playing outside and eating peas and carrots. Sugar Queen had an unhealthy unicorn called Milly. Milly just ate chocolate and sweets and spent all day in bed.







A rainbow separated the unhealthy and healthy part of the world. Sugar Queen was always up to mischief and she wanted all the healthy things to disappear. Sugar Queen had a plan to destroy the healthy part of the world by making sugar rain onto the healthy kingdom.



She set off to Healtherella's kingdom but her plan went wrong. The healthy princess got all of her unicorn friends together and gave them all broccoli umbrellas to stop the sugar making the healthy kingdom unhealthy!

Healtherella's unicorns and her apple friends stopped the Sugar Queen's naughtiness.



Sugar Queen was very unhappy her plan had failed and was in her castle alone crying.

Healtharella took pity on Sugar Queen and took her to see her healthy kingdom and how people lived. Sugar Queen saw people brushing their teeth, drinking water and exercising. Sugar Queen saw how happy everyone was and promised to teach her unhealthy kingdom to do the same.

Ruby the Red Dragon

By Ruby G, Owen, Joseph and Finley



Many years ago...

there lived a sad red dragon called Ruby. She lived in an underground house with her friend Caitlin the Chameleon. Ruby could hear all her friends laughing and playing outside and she longed to go and play with her friends but she didn't like to leave Caitlin on her own as she thought it was rude.



Instead they sat and played computer games over and over. Eventually they reached level 100 on the computer game; Ruby was now so bored of computer games.

Eventually Ruby felt brave enough to tell Caitlin she was bored and persuaded her to go outside and play.



When they stepped outside, because they hadn't been outside for ages, their eyes started to burn. But after a while, they get used to being outside and start to play.

They had so much fun playing outside with their friends Finley the Fire Dragon and Owen and Joseph the Nice Ice Dragons. Ruby and Caitlin realised that being outside is a lot healthier than playing computer games all the time.



After hours of playing outside all the dragons decided to go to Finley's house for some healthy snacks. Ruby is sad because to get to Finley's house they have to fly. Ruby has spent so long in her house that she has forgotten how to fly. Caitlin, Finley, Joseph and Owen encouraged Ruby not to give up.



Ruby closed her eyes and believed in herself because her friends believe in her. She tried one more time to flap her wings. Ruby opened her eyes Her friends cheered

RUBY WAS FLYING!!!!

From that day forward, Ruby promised she would spend more time outside with her friends.

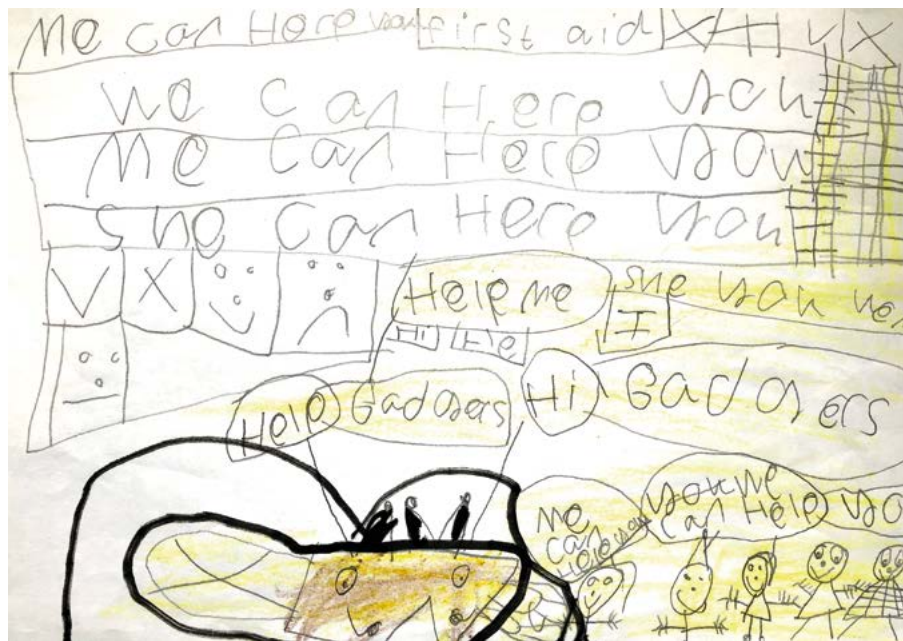


The Tooth Fairy

By Ruby B, Ruby H, Menna, Nia,
Jenna, Gracie and Esme-Anne

Not very long ago,

the Tooth Fairy was having a terrible time. She was trying to build a sparkly, pearly white palace, but it wasn't exactly going to plan as she kept running out of teeth to build the roof and make new chandeliers. All of a sudden, it started to rain and all her beautiful furniture was going to be ruined if she couldn't finish her roof.



'Oh bother' said the Tooth Fairy 'I need more teeth'!. So that night the Tooth Fairy did her usual rounds looking under children's pillows, but there was a huge problem. Every house she visited had manky, yellow, rotting, stale, disgusting, revolting teeth under their pillow instead of shiny, sparking white teeth. 'What am I going to do?' thought the Tooth Fairy!



After a long night spent looking, she went home feeling devastated and destroyed. Would she ever get her dream palace with the sparkly roof and chandeliers? After a good day's sleep, she woke up in a different mood, excited and hopeful that today would be a better day. Outside the palace door there was a group of St John Badgers giving out toothbrushes and fruit.



The Tooth Fairy stopped to listen to the Badgers and asked them if they could help her. 'Of course' said the Badger leader (because the Badgers knew they shouldn't talk to strangers). 'What's going to happen next I wonder?' thought the Tooth Fairy.

The group of Badgers spent time talking to the local children about the importance of brushing their teeth.



They made charts and stickers to remind them to clean their teeth. The next day all of the children brushed their teeth because they realised that the Tooth Fairy really did exist because the Badgers had seen her. They now knew how important it was to have nice clean teeth. It was healthy for them but they also wanted the fairy to have a new shiny roof.



The Tooth Fairy tried again the next night to find sparkly white teeth. She was over the moon to find that all of the teeth she collected were shiny, shimmering, pearly and white, just right for her palace roof and chandelier. To say thank you to the Badgers, the Tooth Fairy let them help her build her palace.

All the children were delighted to learn more about the Tooth Fairy from the Badgers and everyone remembered to brush their teeth from then on.

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