



Article of the Month March/April 2026



Supporting Your Child's Right to Health

As parents and carers, you play a vital role in helping your child grow up healthy, safe, and supported. Article 24 of the United Nations Convention on the Rights of the Child (UNCRC) highlights every child's right to the best possible health — and it's something we can all help bring to life every day.



P5 learning all about Article 24

So what does this mean in practice?

🏥 Access to Healthcare

Children should be able to receive medical care when they need it — from GP visits to specialist support.

🥗 Healthy Food & Clean Water

Nutritious meals and safe drinking water are essential for children's growth and development.

🏠 Safe & Healthy Environments

A clean, safe home and community help protect children from illness and harm.

🧠 Health Education

Children benefit from learning about healthy lifestyles — including physical activity, hygiene, and emotional wellbeing.

👪 Support for Families

Parents should have access to guidance and support to help them care for their child's health effectively.

💡 Why it matters:

When children's health needs are met, they're better able to learn, play, and reach their full potential. Article 24 reminds us that supporting children's wellbeing is a shared responsibility between families, schools, communities, and governments.

🏠 At home tip:

Small daily habits — like regular handwashing, balanced meals, good sleep routines, and open conversations about feelings — can make a big difference.

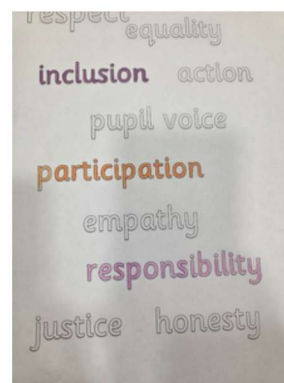
Rights Rangers



Our Rights Rangers have been busy shaping what matters most! After lively discussions, they narrowed down a list of key values for our group and selected their top 3. Next, they'll team up with our youngest Rights Rangers to agree on a final set - watch this space!!

Earth Hour 2026

Our fantastic Rights Rangers and Eco Committee inspired pupils across both Milngavie and Torrance to take part in Earth Hour, encouraging everyone to switch off their lights for one hour on Saturday 28th March. With special thanks to Mrs MacFarlane, this year's event was extra meaningful as we celebrated the 20th anniversary of this global movement to protect our planet.



Quick Rights Quiz - Answers below, turn upside down

1. What is the first UNCRC article?
2. How many UNCRC rights are there?
3. What is the name of our Rights mascot?
4. When was the UNCRC created?
5. Which is the only nation not to have signed up to the UNCRC?



1. Everyone under 18 has rights. 2. 54 3. Riley 4. Nov 1989 5. USA

**COMING
SOON**

- Article of the Month for May
- Rights Rangers core values