

# Eyeducate

PSHE week  
Keeping Safe and Healthy  
Spring 2026



As part of staying healthy and safe, key stage 2 had a visit from Eyeducate from UCL. We learnt about how we see things, how to look after our eyes and also about common conditions that can affect our vision. We were reminded of eye care and also learnt the science behind why some people see things differently

## EYEDUCATE

Fact Sheet



We use our eyes everyday to see and learn about things around us. So it is important to take good care of them!

### COMMON CONDITIONS

- Short-sighted:** can't see far
- Long-sighted:** can't see near
- Astigmatism:** blurred vision
- Lazy eye:** weaker vision in one eye
- Colour blindness:** can't see some colours, commonly red or green

### EYE CARE TIPS

- 1: Get an eye test every 1-2 years
- 2: Wear sunglasses outside
- 3: Don't look at screens for too long
- 4: Eat foods like carrots, leafy greens, eggs

Share this with friends and family

I've been learning how to keep myself

**SAFE and HEALTHY**

Christ Church Primary  
inspiring  
*life in all its fullness*

