



# The Body Challenge

Thank you for taking part in The Body Challenge and raising money for Great Ormond Street Hospital Children's Charity.

## Why we need your help

Great Ormond Street Hospital is an amazing place that treats thousands of children every year. Our patients come from all over the UK and abroad, and lots of them are the same age as you and your friends.

The money you raise will help us to make the hospital the best it can be. It could help us to build bigger wards where children will have more space to play and get better. The money could also be used to buy life-saving equipment or help our research teams to find better treatments for our patients.

My name is Dr Shah and I work at Great Ormond Street Hospital. I have to know lots about the human body so I can look after my patients. How much do you know about the body?



## What to do

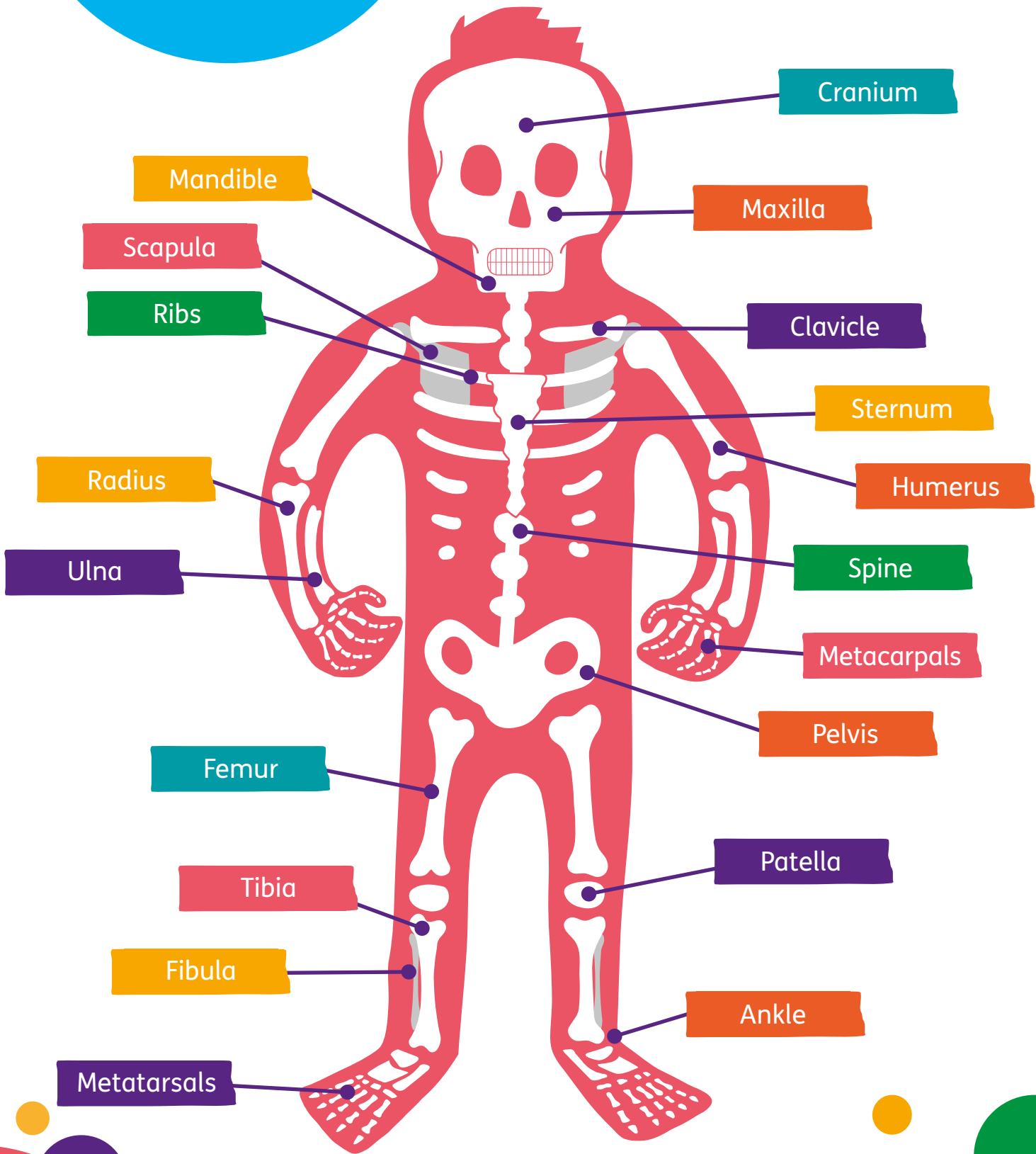
1. With your family's permission, ask your friends and family to sponsor you to take part in the challenge. You can make a donation online (if your school has set up an online fundraising page) or fill in your sponsor form. Remember not to talk to strangers.
2. When you've finished the challenge, go back to your sponsors and collect the money (or ask them to make an online donation).
3. Take the money you've collected into school and give it to your teacher.

**Good luck with the challenge!**

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# Did you know?

There are more than 200 bones in your body! One quarter of those bones are in your feet.



Look at the picture of the skeleton and see if you can find the words in the wordsearch below. When you find a word, draw a circle around it or a neat line through it.

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

Find out how your skeleton and body parts work by visiting [gosh.nhs.uk/children](http://gosh.nhs.uk/children) and clicking 'Kids body tour'.

## Did you know?

Children have 33 vertebrae in their spine. As you grow, some of the vertebrae at the bottom of your spine will join together reducing the number to 26.

Once you've collected the sponsorship money, send it to us at the following address:

**Community Fundraising  
Great Ormond Street Hospital Children's Charity  
40 Bernard Street  
London WC1N 1LE**

Don't forget to include a letter telling us who you are and what you did!

Name   
School name   
School address   
  
Class   
Signature of parent

Please make cheques payable to Great Ormond Street Hospital Children's Charity.

Please send all cheques, along with your sponsor forms back to school or to Schools Team, Great Ormond Street Hospital Children's Charity, 40 Bernard Street, London WC1N 1LE.

If you would like further information please give us a call on 020 7239 3131 or visit us at [www.gosh.org](http://www.gosh.org)

Full name	Home address	Postcode	Amount	Date collected	Gift Aid <small>Please read Gift Aid statement below</small>	Mailing <small>Please tick here if you do not want us to mail you in the future</small>
Mr A. Example	1 Any Street, Anytown, Anywhere	AB1 2CD	£20.00	01.02.09	✓	
<b>£10 could help fund the upkeep of accommodation so mum and dad can stay close to their child</b>						
<b>£20 could buy four neonatal masks to help tiny new born babies breathe</b>						
<b>£50 could help pay for a day's use of an exercise room for cardiac patients</b>						

**There is a small amount of legal stuff that we have to make you aware of when you tick the Gift Aid box.**  
If you pay UK income tax (this includes tax on your savings, pension or capital gains tax) and this is more than the amount GOSHCC, and any other charity/Community Amateur Sports Club will claim in the tax year (6 April-5 April) then you can gift aid your donations. (Council tax and VAT don't count). Please note that collective donations made via an individual cannot be gift aided.

