

HEALTH EDUCATION

Here at Charles E. Walters our goal is to provide students with the tools necessary for making healthy choices. The Healthsmart curriculum supports the achievement of this goal.

Basic Philosophy -

Healthsmart is designed to improve the quality of students' lives by providing a framework they can use to make healthy choices. Each grade level k-6 emphasizes four units as follows: Personal and Family Health; Safety and Injury Prevention; Nutrition and Physical Activity; Tobacco, Alcohol and Other Drugs.

Unit Summary - Each lesson is presented in an age-appropriate format.

1. Personal and Family Health - Identify and seek help for troublesome feelings; protect themselves and others from bullying; resolve conflicts peacefully; develop respect for their bodies; practice behaviors that prevent the spread of disease.



2. Safety and Injury Prevention - Stay safe as passengers and pedestrians; practice fire safety procedures; follow rules for being safe around water or on a bicycle; examine media messages around violence; prevent bullying and school fights; assess personal risks and advocate for safe behaviors.



3. Nutrition and Physical Activity - Understand the body's food and activity needs; value eating breakfast and drinking plenty of water; follow guidelines for healthy eating and physical activity; set nutrition and physical activity goals; assess, adjust and self-manage daily physical activity and eating routines.



4. Tobacco, Alcohol and Other Drug Prevention - Examine why people start smoking; avoid secondhand smoke; understand the harmful effects of tobacco, alcohol and other drugs; say NO to pressure to use tobacco, alcohol and other drugs; establish support from family and peers to remain drug free.



Please visit the following health-related websites:

<http://www.mypyramid.gov/>

<http://kidshealth.org/>

<http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>

<http://www.nutritionexplorations.org/parents/breakfast-first.asp>

<http://www.nutritionexplorations.org/kids/main.asp>

<http://fitness.gov/>