

Longwood is HealthSmart!

Longwood Central School District utilizes the *HealthSmart* curriculum to address the area of Health. *HealthSmart* is designed to improve the quality of students' lives and provide them with framework for making healthy choices for life.



The learning activities in *HealthSmart* are designed to help students develop health-related skills, make and celebrate healthy choices, and advocate the healthy choices of their peers.



Each grade of *HealthSmart* is divided into four units. Lessons and activities build sequentially in grade K-4 to provide reinforcement and continuity that will support children's efforts to make healthy choices.

The units in K-4 are: Personal and Family Health, Safety and Injury Prevention, Nutrition and Physical Activity, and Tobacco and Alcohol Prevention.



More detailed information on each unit will be available in the newsletters that come home each month from your child's classroom teacher.

Our goal is to raise health conscious, responsible children who can distinguish between smart, healthy choices and choices that will jeopardize their health and/or well-being.

