

Health Education



Ridge School is dedicated to teaching students about health. Throughout the year, classroom teachers will touch upon various subjects that are age-appropriate for our kindergarten through 4th grade students. There will be special activities celebrating health. Efforts will be made to reach out to Ridge parents, keeping them informed about what is taught, and how they can reinforce it.



The HealthSmart Curriculum is a comprehensive health program designed to teach a variety of health issues in an age-appropriate manner for our kindergarten through 4th grade students.



HealthSmart Curriculum Topics Include:

- Safety
- Fire Safety
- Nutrition
- Self-Esteem/Emotions
- Diseases/Disorders
- Personal Hygiene
- Drugs/Alcohol/Tobacco
- Environmental
- Fitness/Healthful Lifestyles

Parents are the greatest influence in a child's healthy life!

As a family you can:

- Exercise: Participate in healthy activities with your child
- Nutrition: Provide healthy home-made meals and snacks for your child
- Personal Hygiene: Teach proper hand-washing techniques in order to prevent communicable diseases.
- Limit the amount of television, video games, and computer time.

For more information, 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/>



Please read the newsletter each month to see the health topics covered in addition to our upcoming activities!