

Baltimore County Public Schools
 Department of Elementary Programs [410-887-2809]
The Elementary Program - Health Education

Health - Prekindergarten	How You Can Help Your Child At Home
<p>The Elementary Health Program is based on <i>Your Health</i>, a Harcourt Brace text program reinforcing health knowledge and skills through reading.</p> <p>In Pre-Kindergarten, children learn about basic safety rules and practices, age-appropriate emergency procedures, healthful eating habits, personal cleanliness, and dental hygiene.</p>	<ul style="list-style-type: none"> • Discuss items not safe to eat: medicines, cleaners, paint, glue, etc. • Reinforce safety rules: “stranger danger” and personal body safety. • Practice good hygiene and eat healthy foods.
Health - Kindergarten	How You Can Help Your Child At Home
<p>In Kindergarten, students learn to identify feelings and the ways they affect behavior. They learn that people are different with different backgrounds, likes, and abilities. They learn what the doctor, dentist, nurse, police officer, and other professionals do to keep a person safe and healthy. Safety is addressed through emphasizing the need to listen to and follow directions, and practice basic safety rules both in school and traveling to and from, including on the bus. Students learn to recognize and not touch poisons and other unsafe substances. They learn about foods from the farm and in the supermarket, how to make healthy snacks and identify how exercise helps the body.</p>	<ul style="list-style-type: none"> • Discuss items in the home that are not safe to eat: medicines, cleaners, paint, glue, etc. • Reinforce basic safety rules: “stranger danger” and personal body safety. • Identify adults your child can go to for help. • Choose healthful foods. • Practice good hygiene.
Health – Grade 1	How You Can Help Your Child At Home
<p>In grade one, students practice working together and following rules. They identify the senses and how to care for them and their bodies through dental hygiene, healthy food choices, skin care, and good posture. They learn about preventing and treating illness and determine ways to get the rest and exercise they need. They identify family roles and responsibilities in supporting one another’s health and safety. They identify how people change as they grow. They learn about healthy ways to communicate needs, wants, emotions and opinions, and recognize the different ways people communicate. They identify health issues faced by characters in stories and determine healthy ways for the characters to address those issues.</p>	<ul style="list-style-type: none"> • Ask your child’s teacher about resources you can use to teach your child about health. • Work on family health activities sent home from school. • Make teachable moments about your child’s health/safety. Model good habits.

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Health – Grade 2	How You Can Help Your Child At Home
<p>In grade 2, students will continue to explore the need for exercise, sleep, proper nutrition, care of the skin and senses, and disease prevention. They will practice healthy ways to express themselves and identify how to manage stress and learn from mistakes. They will continue to explore how people are alike and different. They will learn how to use a decision making model to practice solving problems and develop an awareness of how family, friends, and peers influence decision-making. They will identify rules for medicine safety; review safety in the home and community, which includes bike and bus safety; determine ways to stay safe from adults, other children, and situations that may be dangerous; and identify steps to take in emergency situations.</p>	<ul style="list-style-type: none"> • Ask your child’s teacher about resources you can use to teach your child about health. • Work on family health activities sent home from school. • Make teachable moments regarding health/safety.
Health – Grade 3	How You Can Help Your Child At Home
<p>In grade 3, students will continue to explore how the way people feel about themselves influences decisions and behaviors and how to distinguish between healthy and unhealthy choices when making a decision. They will use role play to practice ways to respond to situations and determine healthy ways to address conflicts. They will increase their knowledge of healthy habits and disease prevention. They will determine how the information provided on labels and in advertisements can influence people to buy or use things. They will explore the effects of medicines, caffeine, tobacco, alcohol, and other drugs on the body; and learn why and how they should avoid using substances that are harmful to the body.</p>	<ul style="list-style-type: none"> • Ask your child’s teacher about resources you can use to teach your child about health. • Work on family health activities sent home from school. • Model health and safety.
Health – Grade 4	How You Can Help Your Child At Home
<p>In grade 4, students will explore goal setting. They will identify ways to manage stress and resolve conflicts with friends. They will explore self-concept and respecting differences, and examine the concept of harassment. Students will apply knowledge of posture, nutrition, rest, and exercise to a health plan. They will examine how family, culture, and the media influence health decisions and behaviors. They will distinguish between safe and unsafe situations in the environment, and determine ways they and others can address them. They will review and expand on information relating to injury prevention; and be introduced to career opportunities in the health field.</p>	<ul style="list-style-type: none"> • Ask your child’s teacher about resources you can use to teach about health. • Work on family health activities sent home from school. • Model health and safety.

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Health – Grade 5	How You Can Help Your Child At Home
<p>In grade 5, students will continue to explore ways to develop and refine coping, decision-making, and communication skills, and apply these to issues with adolescent growth and development. They will receive information on the changes that take place as their bodies mature, review stress, and identify healthy ways to manage it. They will increase their knowledge of disease transmission, including elementary concepts of HIV/AIDS infection, and how to prevent the spread of infections. They will identify the impact of tobacco, alcohol, and other drug use/abuse; the peer and media influences to use, and the laws and policies addressing these issues. They will practice conflict resolution and resistance skills in age-appropriate situations.</p>	<ul style="list-style-type: none">• Ask your child’s teacher about resources you can use to teach your child about health.• Work on family health activities sent home from school.• Model health and safety.• Talk to your child about puberty.