

August 2016

Dear Elementary School Families:

The Newtown Board of Education has adopted a comprehensive health curriculum that emphasizes wellness, safety, life management skills and decision-making. In the elementary schools, health is taught by the classroom teachers. Units and some of the topics covered include:

KINDERGARTEN

Safety: Safe practices in and outside of school
Social/Emotional Health: Communication skills
Substance Use/Abuse: Harmful and helpful substances
Healthy Body: Healthy foods, exercise, food pyramid categories
Disease Prevention/Management: Disease prevention practices
Growth and Development: Growing and changing

GRADE 1

Safety: Responding to inappropriate touches, emergencies
Social/Emotional Health: Individual differences, coping skills
Substance Use/Abuse: Harmful substances, proper use of medicine
Healthy Body: Importance of food variety, exercise, water, and sleep
Disease Prevention/Management: Personal hygiene practices
Growth and Development: Animals from egg to birth

GRADE 2

Safety: Safe practices and dangerous situations and objects
Social/Emotional Health: Recognizing feelings, problem solving skills
Substance Use/Abuse: Alcohol and tobacco
Healthy Body: Food as energy, food pyramid, healthy snacks, daily exercise
Disease Prevention/Management: Lyme disease, personal hygiene, safe food practices

GRADE 3

Safety: Recognizing threatening situations
Social/Emotional Health: Positive social behaviors, coping with life changes
Substance Use/Abuse: Harmful effects of tobacco, alcohol and other drugs
Healthy Body: Energy nutrients, daily health habits
Disease Prevention/Management: Communicable and non-communicable diseases
Growth and Development: Growth of a baby from womb to birth, body changes from birth through puberty

GRADE 4

Safety: Handling potentially dangerous situations
Social/Emotional Health: Respecting individual differences
Substance Use/Abuse: Decision making and tobacco, alcohol and other drugs
Healthy Body: Stress management, nutrients, food labels
Disease Prevention/Management: Communicable and non-communicable diseases and prevention

The complete curriculum can be viewed at

<http://newtown.schooldesk.net/Departments/HealthWellness/K12HealthCurriculumDocuments/tabid/5177/Default.aspx>.

If you have questions or concerns about your child's participation in these classes, please call me at 203-426-7648, ext. 6602. I will be happy to discuss the units and available options.

Sincerely,

Mark Gerace

Interim District Health Coordinator

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cc: Barbara Gasparine, Principal Head O' Meadow
Christopher Moretti, Principal Hawley

Kathleen Gombos, Principal Sandy Hook
Christopher Geissler, Principal Middle Gat