



**May\*- Open the Door, Get Out & Explore:**  
Summer Safety and Environmental Health

- Choose books on safety topics: fire, water, weapons
- Practice effective communication skills when dealing with emergencies
- Practice decision-making skills regarding safety topics
- Provide instruction on sun safety practices
- Research environmental health issues
- Set goals for a safe, healthy summer
- Teach First Aid skills
- Encourage parents to attend February DCYF workshop on community-based summer health resources
- Coordinate a summer safety poster contest
- Share resources for safety equipment, i.e., bike helmets
- Display Summer Safety bulletin boards
- Coordinate a Summer Safety fair: pedestrian safety, use of caps and sunscreen, pool safety, hydration...
- Hold a *Bike Rodeo* to promote bicycle safety

*\*Celebrate National Foster Care Month!*

➤ Email the Health Education Team:  
[healthed@healthiersf.org](mailto:healthed@healthiersf.org)

- Visit [www.sfusdhealtheducation.org](http://www.sfusdhealtheducation.org)
- Recommended lessons by grade level
  - Resources available to check out
  - Professional development opportunities

➤ Visit [www.healthiersf.org](http://www.healthiersf.org) for access to all Student, Family, and Community Support Department programs:



# Monthly Health Themes

*A calendar of health education topics for classroom lessons & school wide activities*



<b>August/September:</b>	<b><u>Better Together:</u></b> Building a Healthy School Community
<b>October:</b>	<b><u>Be Safe, Be Smart:</u></b> Substance Use Prevention
<b>November/December:</b>	<b><u>Be An Ally &amp; Stand Up For Peace:</u></b> Violence Prevention
<b>January/February:</b>	<b><u>Growing Bodies &amp; Active Consent:</u></b> Healthy Sexuality and Relationships
<b>March:</b>	<b><u>Be Well:</u></b> Nutrition & Physical Activity Awareness
<b>April:</b>	<b><u>Finding Your Voice &amp; Following Your Heart:</u></b> LGBTQ Pride & Advocacy
<b>May:</b>	<b><u>Open the Door, Get Out &amp; Explore:</u></b> Summer Safety and Environmental Health





**August/September - Better Together:**  
Building a Healthy School Community

**IN THE CLASSROOM**

- Identify trusted adults with students
- Give instruction on cooperation, appropriate expression of needs/wants, problem-solving strategies, health-enhancing goal setting /decision making
- Recognize & name emotions and feelings
- Establish positive behavior reward system (PAX Good Behavior Game, GoNoodle)
- Establish daily/weekly community circles
- Review healthy routines: sleep, breakfast, water, nutrition, physical activity
- Resolve conflicts with Restorative Practices
- Invite Social Worker or Nurse to discuss health topics

**SCHOOL WIDE**

- Schedule assemblies on school rules/routines (meals, recess, emergency procedures)
- Log students with medical needs, confirm meds are available w/trained staff member
- Coordinate with Safe Routes to School for participation in events
- Establish school wellness guidelines for Wellness Policy: Share with school community
- Offer alternatives to benching at recess/PE
- Recruit/refer students to physical activity clubs and After School Programs
- Take a tour of the Wellness Center (MS/HS)
- Celebrate *Character Day* on 9/22/16: [www.letitripple.org/character-day](http://www.letitripple.org/character-day)



**October: Be Safe, Be Smart:** Substance Use Prevention

**IN THE CLASSROOM**

- Provide instruction on awareness of medicines and household products
- Practice reading product labels
- Arrange for CBO presentations on substance use prevention
- Teach lessons on tobacco, alcohol, and other drugs
- Reinforce health-enhancing behaviors
- Practice skills for stress management, refusal, and decision making

**SCHOOL WIDE:**

- Celebrate a Healthy Halloween (candy-free and substance-free)
- Create poetry, slogans, raps on substance use prevention
- Teach substance use prevention in all home-room classes
- Plan peer presentations in classrooms
- Celebrate Red Ribbon week (Oct. 23-29)
- Schedule health theater presentations:
  - nctcsf.org
  - etnortherncalifornia.kaiserpermanente.org



**November/December - Be An Ally & Stand Up For Peace:**  
Violence Prevention

**IN THE CLASSROOM**

- Promote gang violence awareness
- Practice conflict resolution and effective communication skills
- Analyze media messages promoting violence
- Facilitate daily/weekly community circles
- Teach lessons on understanding, preventing, and reporting bullying and cyber-bullying

**SCHOOL WIDE**

- Use Restorative Practices to prevent violence and facilitate conflict resolution
- Paint Peace Paths on the yard, display Peace Path art projects, develop Peacemakers
- Play “Good Behavior Game”
- Organize assemblies on gun violence
- Celebrate World AIDS Day on Dec. 1: Check out an AIDS Quilt to display; hold penny drives for AIDS emergency fund; order and distribute promotional items (stickers...)



**January\*/February - Growing Bodies & Active Consent:**  
Healthy Sexuality and Relationships

**IN THE CLASSROOM**

- Teach about differences between bacteria and viruses, and methods of self-care to prevent spread of germs and disease
- Teach students to identify differences between safe touch, unsafe touch, and unwanted touch
- Teach Puberty/Comprehensive Sexuality lessons, including HIV/AIDS transmission and prevention
- Identify trusted adults/allies

**SCHOOL WIDE**

- Organize staff training on child abuse and identifying students who are being trafficked; display posters about recognizing and reporting sex trafficking
- Celebrate Valentine’s Day with Healthy Relationships Day cards and red fruit salads (instead of candy)
- Arrange for field trips to local health clinics, distribute information/resources on contraception, abstinence, and pregnancy
- Schedule peer presentations on healthy sexuality and active consent



**March - Be Well:** Nutrition and Physical Activity Awareness



**IN THE CLASSROOM**

- Identify healthy foods, drinks and snacks
- Provide lessons on benefits of drinking water and avoiding sugary beverages
- Analyze caloric and nutritional value of foods and beverages, read food labels
- Practice decision-making/goal-setting skills for food intake and physical activity
- Explore the physical, academic, mental, and social benefits of physical activity
- Analyze the influences of culture, peers, and media on food choices

**SCHOOL WIDE**

- Plan a school community meeting on the benefits of a daily nutritious breakfast
- Create schoolwide agreement on implementing classroom physical activity breaks
- Establish systems for Grab n Go Breakfasts
- Hold a poster contest for *Rethink your Drink*
- Share the Wellness Policy with staff and families
- Schedule a fun run or walk-a-thon
- Plan a Food and Fitness Fair for students and families



**April - Finding Your Voice Following Your Heart:**  
LGBTQ Pride and Advocacy

**IN THE CLASSROOM**

- Teach respect for differences in growth, development, physical appearance, gender roles, and sexual orientation
- Research LGBTQ people in history
- Identify/promote *Allyship* characteristics
- Utilize LGBTQ curricula, books, resources
- Plan art activities: Rainbow flags, posters...
- Analyze influences of culture and media, on perceptions of gender roles, sexuality, and sexual orientation
- Teach Personal Pronoun Education lessons in every classroom on a selected day

**SCHOOL WIDE**

- Implement Gender Neutral Bathrooms
- Put up displays of famous LGBTQ people
- Request LGBTQ wristbands, posters, buttons to distribute
- Schedule/coordinate:
  - A Rainbow Parade: assign each room a color and create flags and banners
  - Family Diversity Celebration where students introduce their families
  - A Gay Straight Alliance (GSA) Day
  - LGBTQ Spirit Day: *Pink Tsunami, Rainbow Day*