

Helena Public Schools
Grade 1
Nurse/Instructional Coach
Health and Wellness

Health Maintenance & Enhancement

- Explain why teeth are important and how to take care of teeth and keep them clean and healthy
- Discuss people in the community who can help take care of teeth
- Discuss foods that are good for you and foods that are bad for your teeth
- Identify preventive health care (e.g., immunizations, physical activity, regular health & dental check-ups)
- Identify & demonstrate proper hand washing techniques & respiratory hygiene
- Explore how people grow & change
- Recognize that there are parts of one's body that are considered to be private and that no one should touch the genitals of a child's body except for health reasons or to clean them
- Identify that child sexual abuse is when someone (stranger or someone you know) touches the private parts of his/her body without a health or hygiene reason and the child is never at fault

Functions & Interrelationships of Systems

- Understand that a baby grows in a woman's uterus
- Use medical terminology when referring to all body parts

Risk Assessment & Reduction

- Identify signs of illness & list ways to help you recover
- Define germs, where they are found & what harm they cause to the body
- Identify behaviors that prevent & reduce chances of illness (e.g., drinking plenty of water, immunizations, sleep, eating healthy foods)
- Aware of the necessity for skin & eye protection
- Know when to use universal precautions
- Identify safe practices for reducing a person's risk for disease (e.g., syringes & needles, sneezing, coughing, hand washing)
- Recognize that bodily fluids can carry harmful diseases & that some diseases are easily transmitted while others are not
- Differentiate what is & what is not medicine & it's proper & improper use
- Distinguish between over-the-counter & prescription drugs