

**Helena Public Schools  
Grade 2  
Nurse/Instructional Coach  
Health and Wellness**

**Health Maintenance & Enhancement**

- Identify & show good oral hygiene (e.g., brushing, flossing, dental exams)
- Discuss the importance of mouth and teeth
- Understand tooth development
- Explain the process of dental decay
- Identify steps to prevent dental decay
- Discuss foods that are good for you and foods that are bad for your teeth
- Identify & demonstrate proper hand washing techniques & respiratory hygiene
- Describe how people grow & change throughout life (physically, mentally, emotionally & socially)
- 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**

- Define communicable & non-communicable diseases
- Identify how germs are spread & apply practices which help reduce germs in our community (e.g., cover mouth when sneezing, wash hands)
- 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
- Recognizes hazardous substance symbols
- Identify bus, biking & walking safety expectations
- Recognize what to do for minor injuries under adult supervision (e.g., scrape, cut, nosebleed)
- Recognize importance of safely storing medicine in its proper place
- Recognize that littering is against the law & promotes the spreading of pathogens