

**Helena Public Schools  
Kindergarten  
Nurse/Instructional Coach  
Health and Wellness**

**Health Maintenance & Enhancement**

- Identify & demonstrate proper hand washing techniques & respiratory hygiene
- Explore how people grow and change
- Recognize how germs are spread & apply practices to reduce germs in our community(e.g., h& washing, not eating food off, floor, not touching others' food, wash fruits & vegetables)
- 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**

- Recognize that germs cause illness
- Model proper hand washing & hygiene
- Aware of the necessity for skin & eye protection
- Identify bodily fluids (e.g., blood, saliva, urine, tears, sweat, mucous)
- Know when to use universal precautions
- Identify how gloves protect us from bodily fluids
- Identify safe practices for reducing a person's risk for disease (e.g., syringes & needles, sneezing, coughing, hand washing)
- Tell what first aid is & give an example
- Recognize that medicine is used to prevent or treat certain health problems, taken under adult supervision