



HEALTH-K-2

FOR FAMILIES

KINDERGARTEN - SECOND GRADE

What to expect:

In these grades, children will learn skills and behaviors to help them be and stay healthy. These are the first steps toward developing a healthy lifestyle.

Health education in kindergarten through second grade will focus on learning communication, decision making, and self-management skills as they relate to nutrition, injury prevention, dental hygiene, handwashing, sun safety, social interaction and healthy relationships.

Children in kindergarten through second grade are learning to limit sugary drinks, try a variety of foods and plan a nutritious breakfast.

Accidental injury is the leading cause of death among children. It is critical that adults teach children how to be safe when in vehicles, on bikes, in contact with potentially dangerous or poisonous materials, around fire and walking in traffic. This information should be repeated often, and students should have an opportunity to repeat it and use play and role-play to show their understanding of it.

By the end of the school year, your child will:

- Know how to place foods in the five food groups (fruits, vegetables, grains, dairy and protein) and how to relate them to the United States Department of Agriculture's recommendations.
- Understand how to stay safe and avoid danger in a variety of settings.
- Recognize and communicate their feelings in a positive manner.
- Understand how healthy behaviors such as good nutrition, physical activity, plenty of sleep, use of sunscreen, positive relationships with other students, etc., lead to good health.

What to do at home:

- Help your child plan a nutritious breakfast by identifying their likes and dislikes and how those choices connect to overall health.
- Help your child search for hazardous household items such as bleach and motor oil. Afterwards, brainstorm ways the family can stay safe from these hazards.
- When your child is emotionally overwhelmed, help them learn how and when to ask for help and how to come up with a plan to calm down.

YOU ARE your child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support health learning at home. When schools and families work together as partners, it helps your child achieve academic success!



Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity contributes to success in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- Why is it important to learn to express your thoughts and feelings?
- Do you think that everyone feels emotions like anger, fear, happiness, sadness and surprise? What makes you think that?
- What is a technique you use to calm down?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- What do we have in our home that keeps us safe? (Discuss smoke alarms, carbon monoxide detectors and fire extinguishers. Call the fire department for a free smoke alarm if you don't have one.)
- What is our family's emergency plan in case of a fire? (Include a smoke alarm, two ways out of each room and the family's meeting place after everyone is out of the house. Teach your child to be prepared, not scared, and practice the plan as a family.)

Fostering Connections

Making connections between different school subjects strengthens a student's overall knowledge. Connections may also be made between school learning and real-world situations. Point out these connections to your child and encourage them to find connections, too.

- Connect reading to health by reading books like "Big Smelly Bear," "Little Pea" and "Good Enough to Eat" that support good health habits.
- Connect music to health by listening to songs like "Germ Attack," "Rinse and Spit Rap" and "Milk Makes Your Bones Grow Big" that promote healthy habits.



HEALTH-5

FOR FAMILIES

THIRD GRADE - FIFTH GRADE

What to expect:

In these grades, children are building on their knowledge about nutrition, physical activity, preventing substance abuse, mental health, dental hygiene, preventing injuries, self-care and healthy relationships.

At this age, students are ready to start practicing health skills. These include how to analyze and access valid information, communicate, resolve conflict, say no, make decisions, set goals and practice self-control and self-management.

Third- through fifth-graders are able to understand how family, culture, peers, media and technology can influence their health habits and behaviors.

By the end of the school year, your child will:

- Recognize potentially dangerous situations and use good decision-making skills to avoid risky behaviors (riding a bike without a helmet, for example).
- Understand how nutrition labels are a valid source of health information.
- Show that they understand refusal skills (saying no) in situations that could affect their health and safety.
- Define health goals, then set personal health goals and track progress toward meeting them.
- Use conflict resolution skills and calming techniques that help keep interactions with peers positive.

What to do at home:

- Talk about what cyberbullying (repeated, unwanted use of mean words or behaviors online) means, its importance and possible consequences.
- Help your child practice how to remove themselves from digital drama in a respectful way and discuss how to steer online conversations in a positive direction.
- Help your child take a break from technology and put devices away at bedtime or mealtimes.
- Talk about what to do if your child is being bullied online – step away, block the person and report the behavior to a trusted adult.

YOU ARE your child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support health learning at home. When schools and families work together as partners, it helps your child achieve academic success!



Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since curiosity contributes to success in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- Why should you never take medicine without an adult's permission?
- What is the difference between prescription and over-the-counter medicine?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view about a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with other children and a strong self-image.

Support your child's communication skills with questions like these:

- Have you ever felt peer pressure (when a friend tries to get you to do something you don't want to do)? What can you tell me about that?
- What would you say if someone asks you to do something unsafe or unhealthy?
- Who do you chat with online?
- How do people treat each other in the games and on the sites you're using?

Fostering Connections

Making connections between different school subjects strengthens a student's overall knowledge. Connections may also be made between school learning and real-world situations. Point out these connections to your child and encourage them to find connections, too.

- Connect writing to health education by keeping a weekly food and exercise journal. Ask your child to reflect on how they could change their habits to be more consistent with national recommendations or guidelines.
- Connect fine arts to health education by acting out scenarios that give your child the opportunity to practice saying no. Pretend to persuade your child to do something unhealthy (drink a sugary beverage, for example), and ask them to notice their feelings, state a boundary (say no) and use a refusal skill (politely decline, explain why it is not a nutritious choice, etc.).