



Island Park UFSD

Health Education Program

June 2018

Schedules of Classes

Ms. Augello

Grade 7

Day 1-4 9:34-10:20

Grade 8

Day 1-4 10:34-11:17

Grade 6

Day 1-4 12:09-12:54

Grade 2

Mrs. Bosch

Day 1 1:49-2:34

Mrs. Kolensky

Day 2 1:49-2:34

Mrs. O' Driscoll

Day 3 1:49-2:34

Mrs. Kane

Day 4 1:49-2:34

Grade 1

Mrs. Berg

Day 1 2:37-3:22

Ms. Delucia

Day 2 2:37-3:22

Mrs. Bauer

Day 4 2:37-3:22

Francis X. Hegarty Elementary School
Lincoln Orens Middle School

Health News

How Can You Help Protect The Environment?

Stop Food Waste

- ◆ The Food Rescue program allows students to place uneaten and unopened snacks in a bin that is then donated to a local food pantry in the community. Website—foodrescue.net

At home: Turn off the tap

- ◆ Stop running the tap while you brush your teeth. You can save eight gallons of water per day.

Join the Crush Plastic Movement

- ◆ Each year, people dump 8.8 million tons of plastic into our oceans. The result is that about 700 marine species are in danger of extinction.
- ◆ We can all help by packing a reusable lunch sack instead of plastic baggies.
- ◆ Use metal straws instead of plastic straws. That will keep about 600 plastic ones out of our oceans each year.



Source: Scholastic/Choices



Grade 1

Unit—Second Step



Emotion Management

This month, the students will learn to develop the ability to identify and manage their own strong emotions.

Lesson Objectives

- Students will learn to get along with peers, and make good choices.
- Students will understand how to cope with strong emotions and express themselves in socially acceptable ways.

Grade 2—Injury Prevention Unit

Ways to Stay Safe

This month, students will learn ways to stay safe. Students will learn how to recognize, report and refuse unsafe situations.

Lesson Objectives



- Students will be able to identify common safety rules (Never-Never Rules) for fire, riding on wheels, crossing streets, sharp tools and water safety.
- Students will be able to recognize safe and unsafe situations.

Safe In The Sun

Students will learn how to protect themselves from the sun while enjoying outdoor activities. Students will understand the importance of sunscreen and healthy behaviors in the sun.



Lesson Objectives

- Students will describe how you can be safe in the sun.
- Students will identify ways sun can be harmful.
- Students will explain why outdoor activities are important.

Grade 6

Unit- Stress and the Teenage Brain

Students will learn how the teenage brain changes when prolonged stress occurs in their life. Students will complete an inventory that helps them identify their stress and how they respond to stress.



Lesson Objectives

- Students will identify events that cause stress (stress triggers).
- Students will learn coping strategies to deal with their stress in a healthful way.
- Students will choose coping strategies to reduce stress.



Grade 7

Unit—Too Good For Drugs

Students will learn how alcohol, marijuana, and other drugs slow the functioning of the central nervous system, changing emotion, perceptions and judgment, and damage the teenage brain.

Lesson Objects

- Students will discuss the short-term and long-term effects of drug abuse on the body and mind.
- Students will understand how gastric ADH works in females and males.



Grade 8

Unit—Mental Health(Depression/Suicide)

The eighth graders will understand the different signs and symptoms of depression and suicide. Students will understand how many young people who commit suicide have expressed their intent prior to the actual act.

Lesson Objectives

- Students will learn that every threat of suicide should always be taken seriously.
- Students will learn to report all threats to a trusted adult.
- Students will learn that it is not safe to keep secrets about suicide threats.