



Island Park UFSD

Health Education Program

February 2018

Francis X. Hegarty Elementary School
Lincoln Orens Middle School

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

Universal Pre-K

Ms. Rubino

Day 1 1:00-1:30

Ms. Collman

Day 2 1:00-1:30

Mrs. Nappi

Day 3 1:00-1:30

Kindergarten

Mrs. Spiro

Day 2 2:27-3:22

Mrs. Hodge

Day 3 2:27-3:22

Mrs. Reid

Day 1 2:37-3:22

Mrs. McDonald

Day 3 2:37-3:22

Mrs. Wilhelm

Day 4 2:37-3:22

Health News

Are You Addicted to Your Phone?

Game designers and app developers work to get people hooked and literally hijack your brain.

Let's find out their secret. . .

- ◆ App developers and game designers keep people coming back by activating the most primitive parts of our brain. When you score a winning goal, go to the next level in a game, or ace a test our brain

releases dopamine, known as the pleasurable hormone.

- ◆ Whenever a person gets a reward, the brain's dopamine response fires and that is how app developers and game designers get you hooked.
- ◆ They not only hold your attention span but your interest and your time.



Source: Scholastic/Choices

Universal Pre -K

Nutrition

This month, students will learn that making nutrient-rich food choices will lead to better health. Students will learn food group names and understand MyPlate.

Project

Fruit and Veggie Puppet

Lesson Objectives

Students will be able to:

- Identify the five food groups.
- Classify food into food groups.
- Name the foods they like from each food group.



Kindergarten

Unit—Personal and Consumer Health

Preventing Colds and the Flu

Key Concepts

Students will demonstrate that covering coughs and sneezes helps prevent the spread of germs. They will learn proper hand washing techniques and will write about cold and flu prevention strategies.

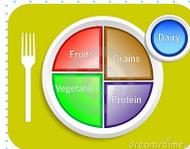
Learning Objectives

- ◆ Name symptoms of colds and the flu.
- ◆ Identify how germs are spread.
- ◆ Explain why hand washing prevents illness.



Grade 6

Unit—Nutrition



Research Project

MyPyramid Food Tracker

Students will learn the need for nutrients and the foods that provide proper nutritional needs. They will use MyPlate to analyze healthy food choices. Students will set goals and record their food intake.

Students log onto MyPyramid Super Tracker and input their food log. They print out their personal chart and analyze and interpret their choices and research ways to improve their diet.

Grade 7

Unit—Nutrition

Key Concept

Components of food labels.

Nutritional value of labeled foods.

Lesson Objectives

- Students will understand how to correctly read and interpret nutrition facts on a food label.
- Students will interpret food label information to accurately assess the nutritional value of food.

Project—Analyzing Fast Food Restaurants



Grade 8

Unit—Emotional Health

The movie “Inside Out” will serve as a catalyst for teaching emotional health. Students will interpret, analyze and identify with the five characters, Joy, Sadness, Fear, Anger and Disgust. They will learn that being healthy encompasses more than just your physical health. It also incorporates your emotions and how you express them.

Lesson Concepts

- Depth of knowledge quality questioning will be used, as well as, teacher-led discussions and real life situations that bring understanding to the topic of emotional health.