

Harcourt
**Health
and
Fitness**

Planning Resources

Grade 1

Teaching Resources

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Family Members

What We Are Learning About Health

In Chapter 1 of *Harcourt Health and Fitness*, we are learning about

- the five senses.
- the parts and organs of the body and how they work together.
- setting health goals.
- being honest about health needs.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- showing how you use your senses at home.
- developing a health goal you can achieve with your child.
- encouraging your child to be truthful about his or her health.

A Family Activity

With your child, look for photos that show your child as an infant or toddler and as he or she is today. Let your child choose one photo from each group to paste on the page (or you may have your child draw pictures instead). Talk about the pictures with your child. How has he or she grown?



When I Was ____ Years Old



How I Look Today

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 1 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los cinco sentidos.
- Las partes y órganos del cuerpo humano y la forma como trabajan conjuntamente.
- Cómo establecer metas relacionadas con la salud.
- La importancia de ser honesto cuando hay problemas de salud.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Muéstrelle cómo usa usted sus sentidos en los diferentes quehaceres del hogar.
- Establezcan una meta relacionada con la salud que ambos puedan alcanzar.
- Anímelo a hablar abiertamente sobre su salud.

Actividad familiar

Busquen fotos de su hijo cuando era más pequeño y también fotos recientes. Pídale que escoja una de cada grupo y la pegue en la casilla correspondiente. Si no desean usar fotos, su hijo puede dibujarse. Hablen acerca de las fotos o dibujos. ¿Cómo ha cambiado?

Cuando yo tenía ____ años.

Así soy ahora.

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 2 of *Harcourt Health and Fitness*, we are learning about

- the importance of staying clean.
- protecting the skin from sunburn.
- evaluating advertisements for truth and accuracy.
- setting health goals when buying health-care products.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- practicing different ways to stay clean.
- reviewing with your child the claims of ads in a newspaper or magazine.
- making the best choices of health-care products with your child.

A Family Activity

Many advertisements in newspapers, in magazines, and on television mislead the consumer. They claim to be the best, to be just the thing your family needs, when in reality there are better products available. Help your child draw an advertisement that is both truthful and accurate for one of his or her favorite products.

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 2 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- La importancia de la higiene personal.
- Cómo proteger la piel de las quemaduras causadas por el sol.
- Formas de evaluar los avisos publicitarios para determinar si presentan información correcta y verdadera.
- Cómo establecer metas apropiadas al comprar productos de salud.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Pongan en práctica diversas maneras de desarrollar buenos hábitos de higiene.
- Analicen el contenido de varios avisos publicitarios en un periódico o revista.
- Traten de tomar decisiones acertadas con respecto a los productos de higiene que compran.

Actividad familiar

Muchos avisos publicitarios que se presentan en televisión o en periódicos y revistas son engañosos. Tratan de convencer a las personas de que los productos que ofrecen son los mejores y son exactamente lo que necesitan, cuando hay otros mejores en el mercado. Ayude a su hijo(a) a crear un aviso verdadero y correcto para uno de sus productos favoritos, en la siguiente casilla.

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 3 of *Harcourt Health and Fitness*, we are learning about

- teeth and ways they are used.
- caring for and protecting teeth.
- dentists and dental hygienists.
- brushing teeth without being told.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- showing how you take care of your own teeth.
- explaining how dentists have helped you.
- praising your child when he or she takes responsibility for his or her teeth.

A Family Activity

On your next visit to the grocery store or pharmacy, invite your child to look at the many kinds of dental care products available. Talk with your child about how toothbrushes, toothpaste, floss, and mouthwash are used. Then ask your child to draw three of the products you saw. Help your child label the drawings.

1. _____

2. _____

3. _____

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 3 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Los dientes y su función.
- Las formas de cuidar y proteger los dientes.
- Los dentistas y los higienistas dentales.
- El hábito de cepillarse los dientes sin que un adulto se lo esté recordando.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Muéstrelle cómo cuida usted de su dentadura.
- Háblele de la ayuda que ha recibido cuando ha ido al dentista.
- Elógielo cuando vea que se responsabiliza por su cuidado dental.

Actividad familiar

Cuando vayan al supermercado o a la farmacia, anime a su hijo(a) a buscar diferentes productos de limpieza dental. Hablen sobre la función de los cepillos de dientes, la pasta dental, el hilo dental y los enjuagues bucales. En casa, pídale que pinte tres de los productos que vio y ayúdele a escribir un rótulo para cada uno.

1. _____

2. _____

3. _____

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 4 of *Harcourt Health and Fitness*, we are learning about

- making healthful food choices.
- MyPyramid.
- the appropriate servings of food needed every day.
- respecting other students by being polite in the lunchroom.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- praising your child when he or she makes healthful food choices.
- reviewing the servings your family eats at any given meal.
- encouraging your child's politeness at home.

A Family Activity

Ask your child to list or draw his or her favorite choices for each meal in the spaces below. Then look together at a copy of MyPyramid and decide whether your child is choosing healthful meals. Talk about what changes might be needed to achieve a balanced diet.

Breakfast

Lunch

Dinner

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 4 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- La importancia de tomar buenas decisiones acerca de los alimentos que comemos.
- MiPirámide.
- Las porciones de los diversos grupos de alimentos que se necesitan diariamente.
- Las reglas de cortesía en el comedor escolar como una manera de mostrar respeto.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Elógielo cada vez que decida comer alimentos más saludables.
- Examinen el número de porciones de cada grupo de alimentos que comen en la casa durante una comida.
- Anímelo a practicar las reglas de cortesía en la casa.

Actividad familiar

Pida a su hijo(a) que escriba una lista de lo que prefiere comer en cada una de las comidas que se presentan abajo, o que haga dibujos. Luego, examinen juntos MiPirámide y fíjense si tomó decisiones correctas con respecto a los alimentos que escogió. Hablen sobre los cambios que necesita hacer para alcanzar una dieta más balanceada.

Desayuno

Almuerzo

Cena

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 5 of *Harcourt Health and Fitness*, we are learning about

- healthful activities such as exercise, eating well, and getting enough sleep.
- benefits of good posture.
- managing stress when exercising or playing sports.
- playing sports and games fairly.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- praising your child when he or she shows interest in healthful activities.
- developing ways you and your child can relieve stress.
- explaining the rules of your favorite game or sport.

A Family Activity

Have your child plan a family exercise time. First, survey family members about their exercise preferences. Help your child fill out the table. Then use the information to come up with an exercise activity in which the whole family can participate.

Your Family's Exercise

Family Member	Favorite Kind of Exercise	Best Time to Exercise

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 5 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las actividades saludables como hacer ejercicio, alimentarse bien y dormir el tiempo suficiente.
- Los beneficios de una postura adecuada.
- Cómo manejar el estrés al hacer ejercicio o practicar algún deporte.
- La importancia de actuar honestamente al jugar o practicar algún deporte.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Elógielo cuando se muestra interesado en participar en actividades saludables.
- Busquen nuevas maneras de reducir el estrés.
- Explíquele las normas de su juego o deporte favorito.

Actividad familiar

Anime a su hijo(a) a planificar un tiempo de ejercicio familiar. Para ello, pídale que pregunte a todos en la familia cuáles ejercicios prefieren hacer y que use la información que recoja para crear una actividad en la que todos puedan participar.

Gimnasia en familia

Nombre del familiar	Ejercicio favorito	Hora preferida

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 6 of *Harcourt Health and Fitness*, we are learning about

- safety rules inside and outside the home.
- what to do in emergency situations.
- saying no to unsafe situations.
- being responsible by thinking before acting.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- establishing, with your child, safety rules for your home.
- discussing unsafe situations your child might encounter with his or her friends.
- praising your child when he or she is responsible for personal safety.

A Family Activity

Your child should know how to obtain help in an emergency. Help your child fill out the emergency phone list. Display the completed list in a convenient location, and update it as necessary. Help your child practice making emergency phone calls by reviewing the number 911 and role-playing what your child might say to an emergency operator. Be sure your child knows his or her full name, address, and phone number, including area code.

Emergency Telephone Numbers

Emergency	911
Police	
Fire	
Hospital	
Family doctor	
Family friend	

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 6 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las normas de seguridad dentro y fuera del hogar.
- Lo que se debe hacer en una emergencia.
- Cómo mantenerse alejado de las situaciones peligrosas.
- La importancia de pensar antes de hacer algo como una muestra de responsabilidad.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Establezcan normas de seguridad para el hogar.
- Hablen acerca de las situaciones peligrosas que su hijo(a) podría enfrentar cuando esté con sus amigos.
- Elógielo cuando se responsabiliza por su propia seguridad.

Actividad familiar

Su hijo(a) debe saber lo que tiene que hacer en un caso de emergencia. Ayúdelo a llenar la tabla de abajo con los números de emergencia y colóquenla en un lugar donde todos la vean. Manténgala actualizada. Pídale que practique lo que haría y diría en una emergencia, actuando como si marcara el 911 y como si usted fuera la operadora. Asegúrese de que su hijo(a) sepa su nombre completo, su dirección y su número de teléfono, incluyendo el código de área.

Números de emergencia

Emergencia	911
Policía	
Bomberos	
Hospital	
Doctor	
Amigo	

School-Home Connection

A Note to Family Members

What We Are Learning About Health

In Chapter 7 of *Harcourt Health and Fitness*, we are learning about

- avoiding danger from weapons, poisons, and strangers.
- getting help in dangerous situations.
- communicating to a trusted adult when lost.
- being a good citizen by helping keep weapons and poisons out of school.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing dangers associated with weapons and poisons.
- reviewing with your child some trusted adults he or she can talk to.
- explaining how to communicate in different situations.

A Family Activity

Help your child come up with different situations in which he or she would need to seek the help of a trusted adult. Have your child figure out who to talk to in each situation and fill out the table accordingly. One example has been given.

Situation	Trusted Adult
Seeing a weapon at school	Teacher or principal

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 7 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo evitar el peligro con armas, venenos y personas desconocidas.
- Cómo conseguir ayuda en una situación peligrosa.
- Cómo comunicarle a un adulto de confianza cuando se siente perdido.
- Cómo ser un buen ciudadano al ayudar a mantener la seguridad en la escuela, dejándole saber a un adulto si alguien porta armas o venenos.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de los peligros relacionados con armas y venenos.
- Hagan una lista de los adultos de confianza con los que su hijo(a) puede hablar.
- Explíquelo cómo debe actuar en diferentes situaciones.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Actividad familiar

Ayude a su hijo(a) a pensar en diferentes situaciones en las que podría necesitar la ayuda de un adulto de confianza. Pídale que piense a quién le hablaría en cada situación y que complete la tabla de abajo siguiendo el ejemplo.

Situación	Adulto de confianza
Ver un arma en la escuela	Maestro o Director

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 8 of *Harcourt Health and Fitness*, we are learning about

- the causes and symptoms of common illnesses.
- how to control the spread of germs.
- communicating when there is a health problem.
- caring for others when they are ill.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing any common illnesses that you or your child have had.
- reviewing how your family can control germs in your home.
- role-playing how to care for someone who is ill.

A Family Activity

Ask your child to draw one or more ways in which family members can prevent the spread of illness. For example, your child might draw a family member washing with soap and water. Use the drawing as the starting point for a family discussion about good health habits.

La escuela y la casa

**Nota para
los familiares**

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 8 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las causas y los síntomas de las enfermedades más comunes.
- Cómo controlar los gérmenes para que no se propaguen.
- Cómo comunicar cuando hay un problema de salud.
- Cómo cuidar de otras personas cuando están enfermas.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de cualquier enfermedad común que su hijo(a) haya tenido.
- Comenten algunas maneras de controlar los gérmenes para que no se propaguen en su familia.
- Improvisen algunas situaciones en las que estén cuidando a una persona enferma.

Actividad familiar

Pida a su hijo(a) que haga un dibujo que muestre una o varias maneras como los familiares pueden prevenir que una enfermedad se propague. Por ejemplo, su hijo(a) podría dibujar a un familiar lavando con jabón y agua. Reúnanse en familia y use el dibujo para iniciar una conversación familiar acerca de los hábitos necesarios para tener una buena salud.

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 9 of *Harcourt Health and Fitness*, we are learning about

- reasons for needing and taking medicine.
- the harmful effects of alcohol, caffeine, and tobacco.
- not taking medicine that belongs to others.
- respecting yourself by refusing illegal drugs.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing when and why someone in your family needed medicine.
- establishing guidelines in your home for taking medicine.
- reviewing different ways to refuse drugs.

A Family Activity

Talk with your child about how medicines are used safely. Take this opportunity to discard outdated medicines and to check or install a lock on the family medicine cabinet. You may wish to extend this exercise to review the safe storage of alcohol, tobacco, and other toxic substances. Have your child color the safety reminder below, and then cut it out and post it on your medicine cabinet.

Keep
medicines
locked up!

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 9 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las razones por las que necesitamos y tomamos medicamentos.
- Los efectos dañinos del alcohol, la cafeína y el tabaco.
- Las razones para no tomar los medicamentos que pertenecen a otras personas.
- Cómo respetarme a mí mismo al rechazar las drogas ilegales.



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Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Comenten acerca de cuándo y por qué un familiar necesitó tomar algún medicamento.
- Establezcan reglas para tomar medicamentos.
- Examinen diferentes maneras de rechazar drogas.

Actividad familiar

Hable con su hijo(a) acerca de cómo se deben de usar los medicamentos. Aproveche esta oportunidad para botar los medicamentos que estén vencidos y revise o instale seguros en los gabinetes donde se guardan. Usted podría ampliar este ejercicio y revisar los lugares donde se guardan el alcohol, el tabaco y las sustancias tóxicas. Pida a su hijo(a) que pinte el siguiente aviso, lo recorte y lo pegue en el gabinete de los medicamentos.

¡Mantenga los
medicamentos
bajo llave!

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 10 of *Harcourt Health and Fitness*, we are learning about

- seeing how everyone is special.
- expressing needs, wants, and emotions in appropriate ways.
- being a good friend through caring, respect, and politeness.
- managing stressful situations.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- showing how everyone in your family is special.
- explaining the differences between your family's needs and wants.
- discussing the different ways to be polite and respectful.

A Family Activity

Talk with your child about what makes him or her special. What hobbies and activities does your child enjoy? What traits make your child a good friend to others? Ask your child to draw a picture of one way in which he or she is special.

La escuela y la casa

**Nota para
los familiares**

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 10 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Cómo cada uno de nosotros es especial.
- Cómo expresar deseos, necesidades y emociones de una manera apropiada.
- Cómo ser un buen amigo al ser comprensivo, respetuoso y educado.
- Cómo manejar el estrés al enfrentarse a situaciones desconocidas.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Muéstrelle cómo cada uno en la familia es especial.
- Explíquelo las diferencias entre las necesidades y los deseos de la familia.
- Hablen acerca de las diferentes maneras de ser educado y respetuoso con los demás.

Actividad familiar

Hable con su hijo(a) acerca de las cosas que lo hacen especial. ¿Qué hobbies y actividades le gustan? ¿Qué características hacen que sea un buen amigo? Pídale que haga un dibujo en el que muestre una de las cosas que lo hacen especial.

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 11 of *Harcourt Health and Fitness*, we are learning about

- families and ways they can change.
- ways that family members can help one another.
- working together to resolve conflicts within a family.
- being fair to others by not taking more than is needed.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- discussing your family and any changes it has gone through.
- praising your child when he or she helps another family member.
- encouraging your child to communicate when a family conflict needs resolving.

A Family Activity

Talk with your child about the different families in your community. Have your child draw two pictures. First, have him or her draw a picture of your family. Next, have him or her draw a picture of the family of one of his or her friends. Discuss how the families are the same and different.

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 11 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las familias y los cambios.
- Algunas maneras de ayudarse unos a otros.
- Cómo trabajar juntos para resolver las diferencias de opinión que surgen en una familia.
- Cómo ser justo con los demás y no tomar más de lo necesario.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Hablen acerca de la familia y de los cambios que han tenido a través de los años.
- Elógielo cuando ayude a un familiar.
- Anímelo a que le hable cuando un problema familiar se tenga que resolver.

Actividad familiar

Hable con su hijo(a) acerca de las diferentes familias de su comunidad. Pídale que haga dos dibujos. Primero, pídale que haga un dibujo de su familia. Luego, pídale que haga un dibujo de la familia de un amigo. Comparen las dos familias y digan en qué se parecen y en qué se diferencian.

School-Home Connection

A Note to
Family Members

What We Are Learning About Health

In Chapter 12 of *Harcourt Health and Fitness*, we are learning about

- the roles of safety and health workers in the community.
- how pollution and litter are unhealthful.
- the benefits of recycling.
- showing citizenship by not littering.



Visit www.harcourtschool.com/health for links to parent resources.

How You Can Help

Parental involvement in the school environment is part of a coordinated school health plan that includes the home, school, community, and social services. You can support your school through increased communication and by volunteering your time or talents. At home you can support your child's learning by

- reviewing with your child the different safety workers in your community.
- learning together about pollution in your community.
- supporting your child's recycling efforts.

A Family Activity

With your child, look through your telephone directory, or take a ride through your neighborhood, pointing out examples of community health and safety services such as hospitals and clinics, police and fire stations, sanitation services, and recycling centers. Have your child draw one way your community is helped by these services.

La escuela y la casa

Nota para los familiares

Lo que estamos aprendiendo acerca de la Salud

En el Capítulo 12 de *Harcourt Health and Fitness* estamos aprendiendo acerca de:

- Las medidas de seguridad y los trabajadores sociales de la comunidad.
- Cómo la contaminación y la basura son malas para la salud.
- Los beneficios de reciclar.
- Cómo ser un buen ciudadano al no tirar basura.



Visite www.harcourtschool.com/health para encontrar enlaces con recursos en inglés para los padres.

Cómo puede usted ayudar

La participación familiar en las actividades escolares forma parte de un plan de salud organizado que incluye la casa, la escuela, la comunidad y los servicios sociales. Usted puede apoyar a la escuela manteniendo una buena comunicación y ofreciendo su tiempo y sus talentos como voluntario. En casa, usted puede apoyar el aprendizaje de su hijo(a) haciendo lo siguiente:

- Revisen quiénes son los diferentes trabajadores de seguridad de su comunidad.
- Investiguen acerca de la contaminación de su comunidad.
- Apoye sus esfuerzos por reciclar.

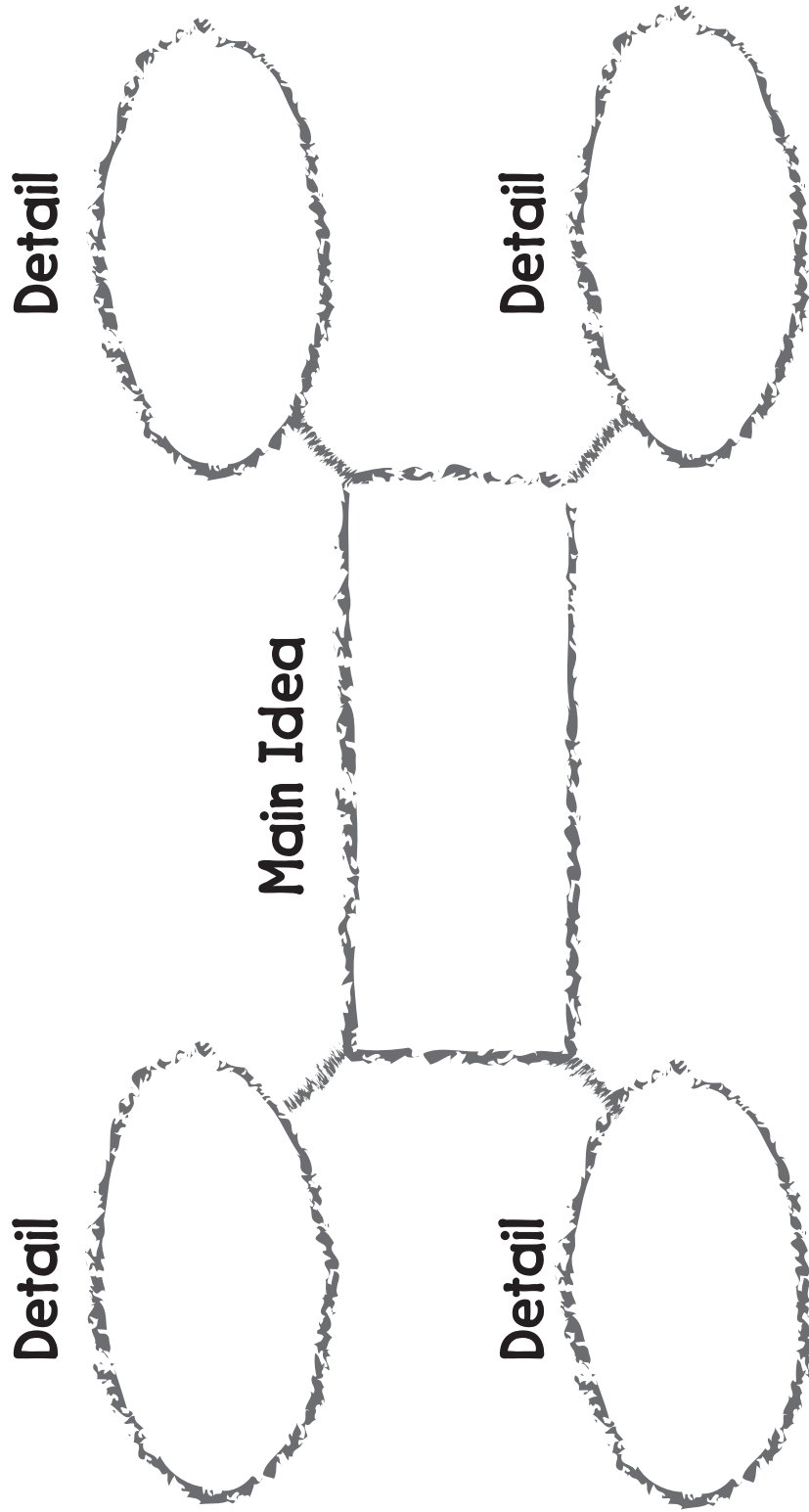
Actividad familiar

Junto con su hijo(a), busquen en un directorio telefónico, o den una vuelta por el vecindario, para encontrar algunos centros de salud y de seguridad, como hospitales y clínicas, estaciones de bomberos y comisarías, servicios sanitarios y centros de reciclaje. Pídale que haga un dibujo donde muestre una manera como estos servicios ayudan a su comunidad.



Reading Skill Graphic Organizer

Find the Main Idea





Reading Skill Graphic Organizer

Find Cause and Effect

Cause

A large, empty rectangular box with a rough, hand-drawn border, intended for writing the cause of an event.

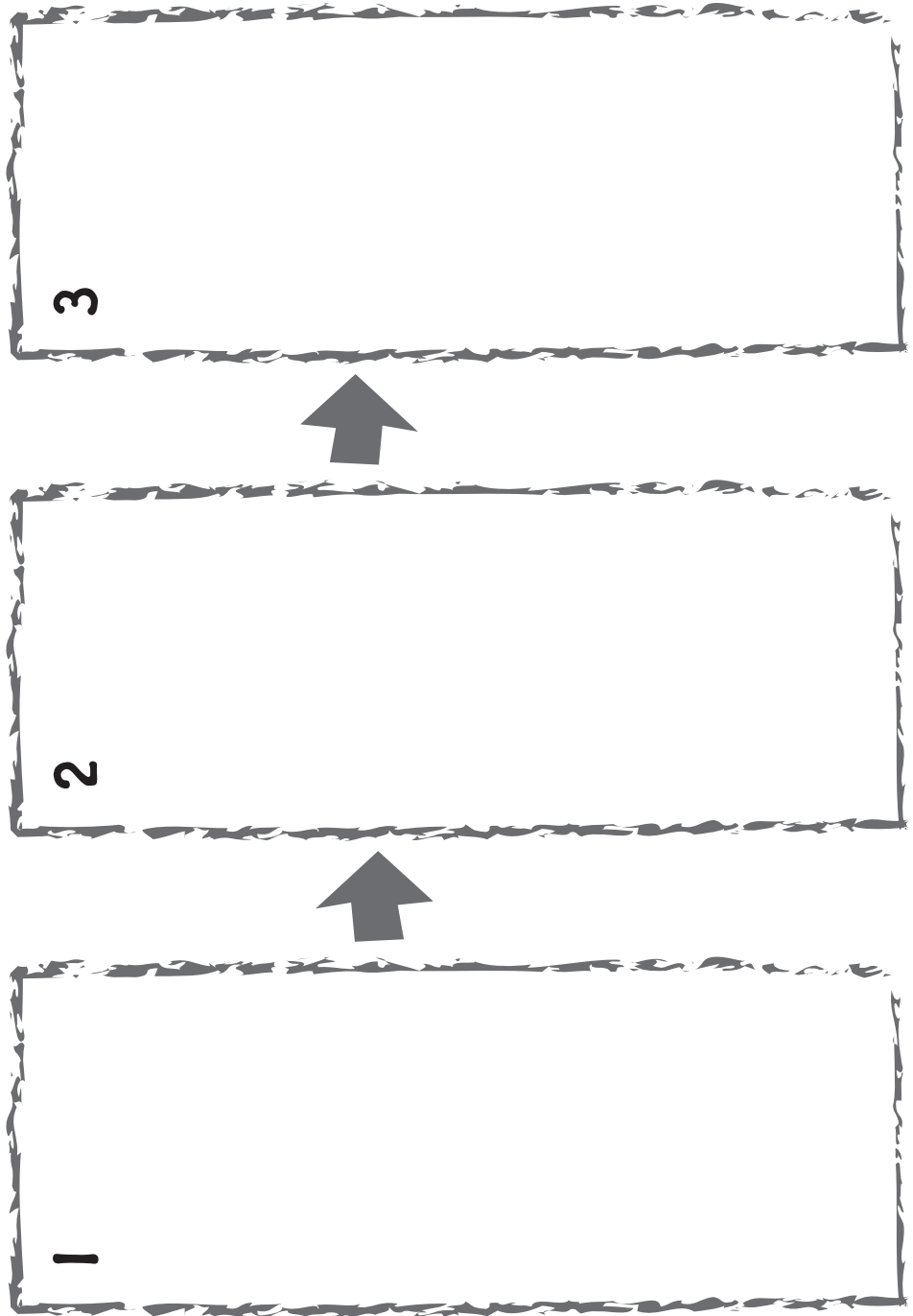
Effect

A large, empty rectangular box with a rough, hand-drawn border, intended for writing the effect of an event.



Reading Skill Graphic Organizer

Sequence





Reading Skill Graphic Organizer

Make Predictions

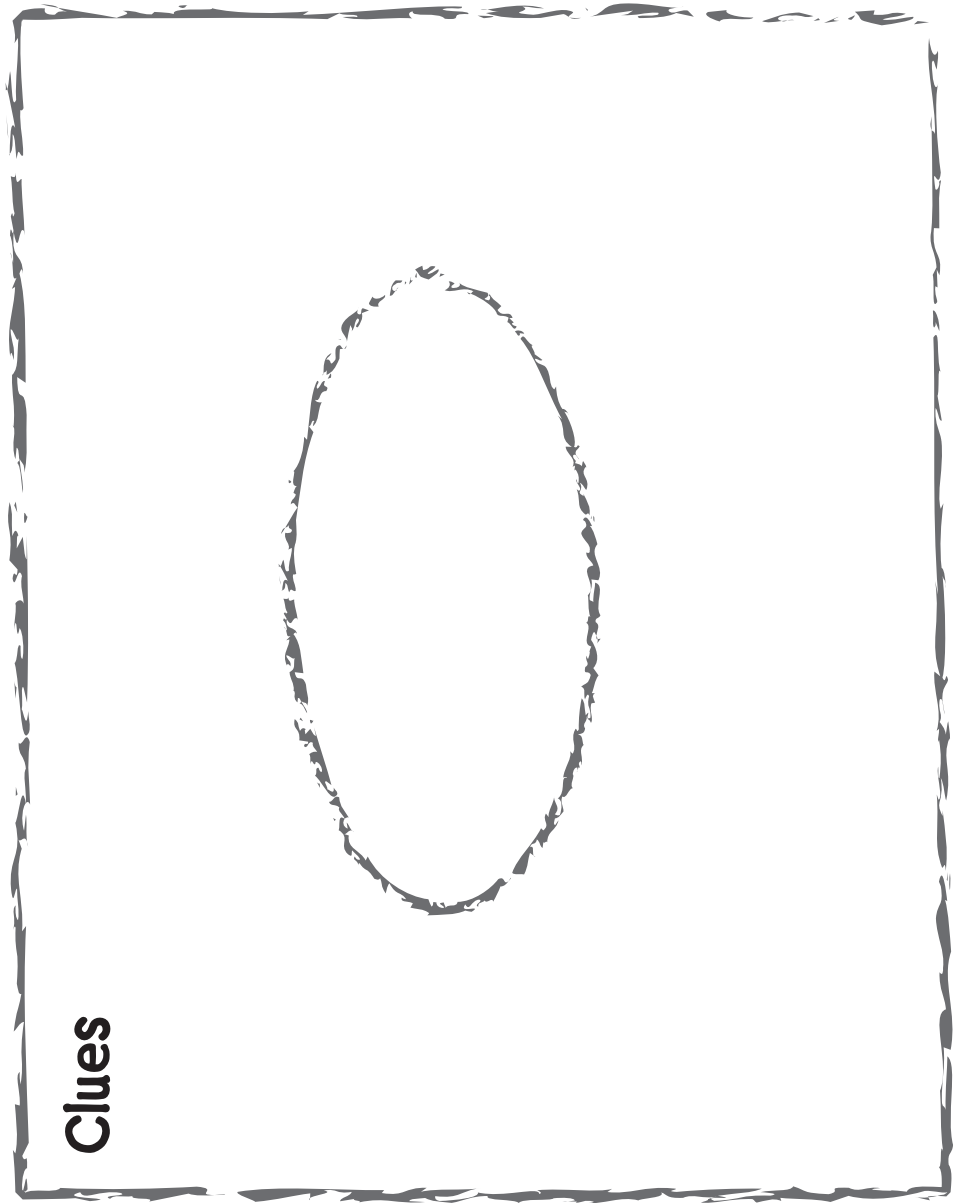
Prediction

What Happened



Reading Skill Graphic Organizer

Use Context Clues





Reading Skill Graphic Organizer

Recall and Retell

Recall Detail	Retell
Recall Detail	
Recall Detail	

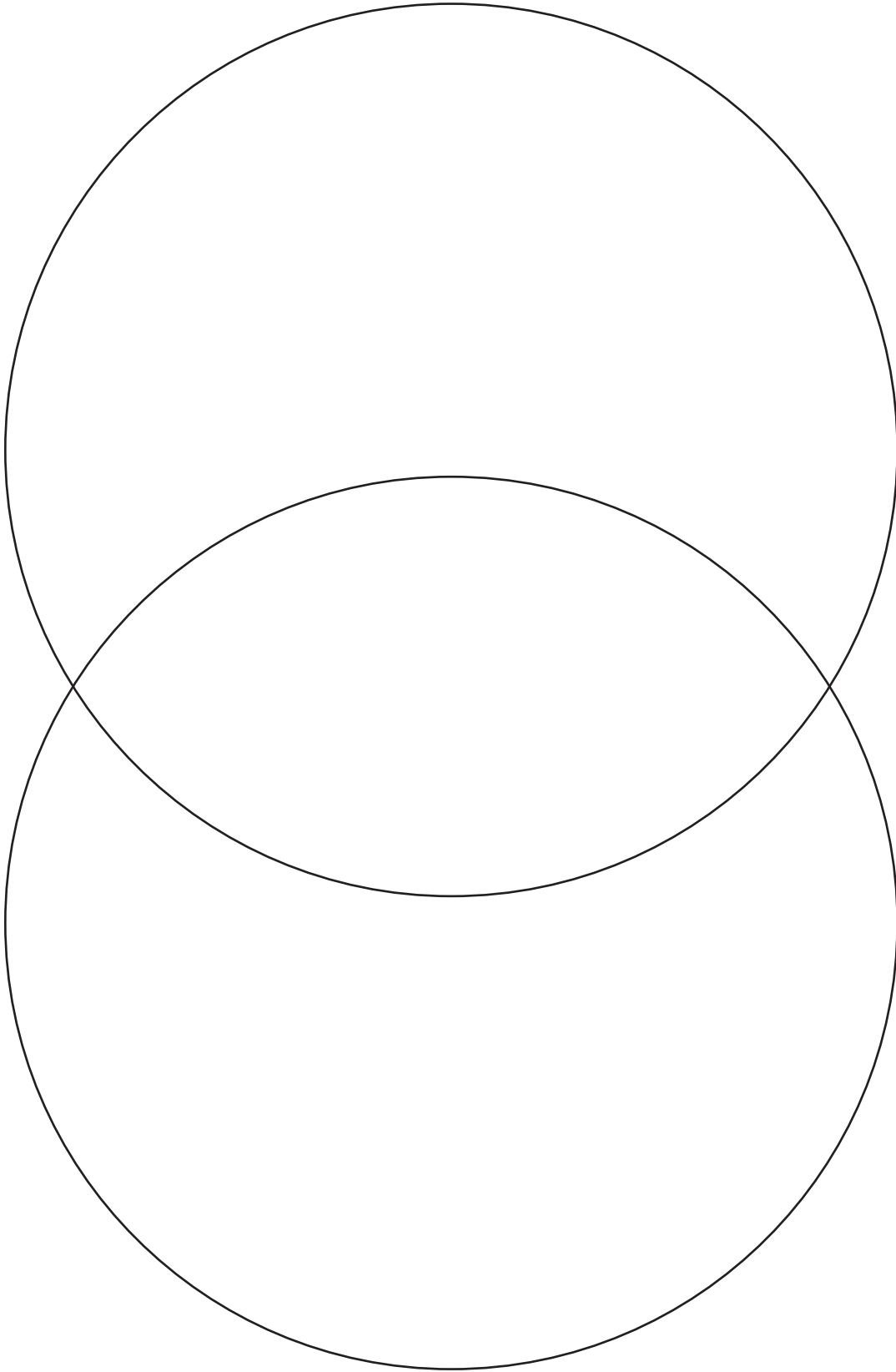
Preview Vocabulary

Words
I Know

Words I've
Seen or Heard

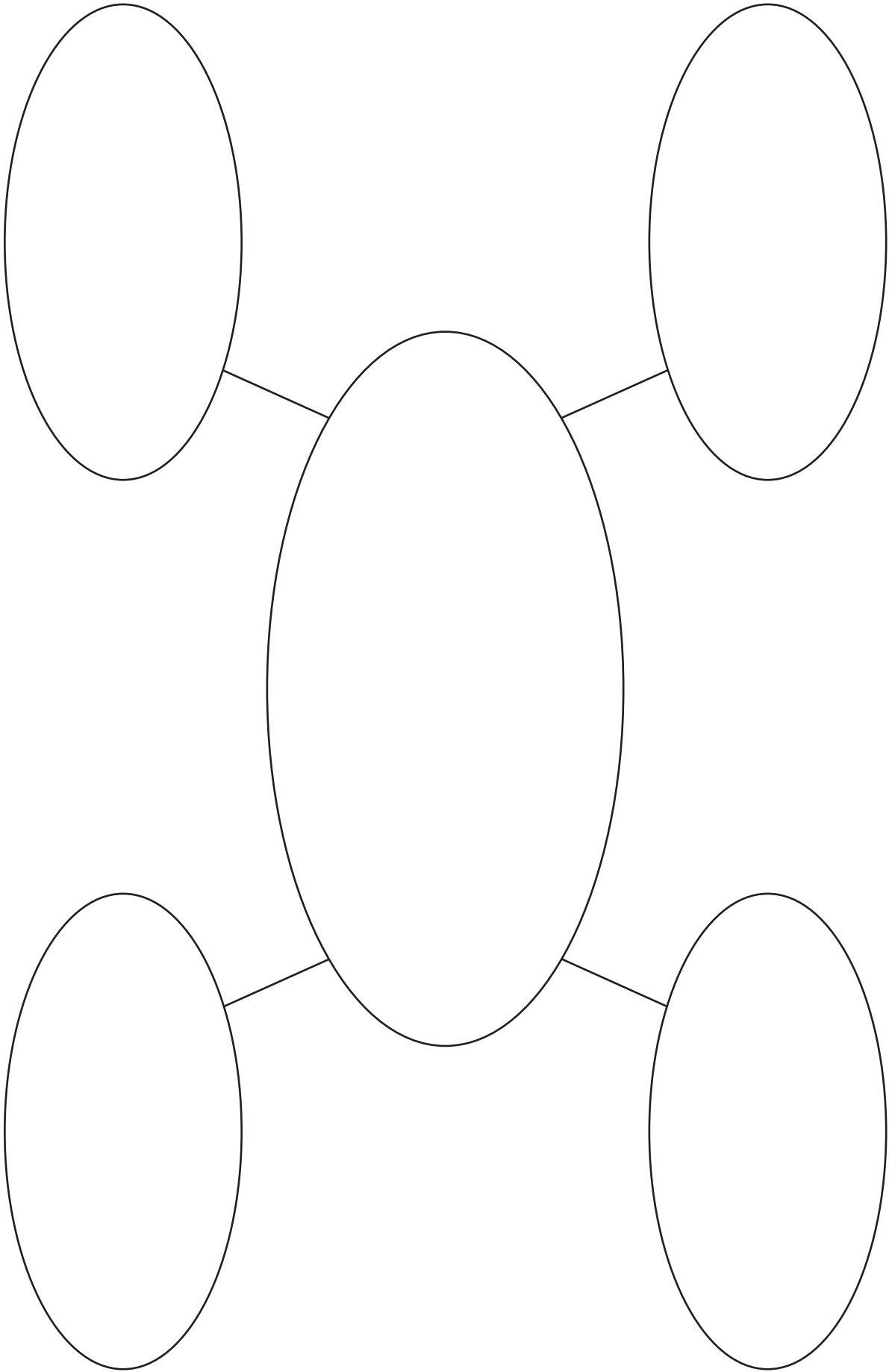
New
Words

Venn Diagram



K-W-L Chart

What I Know	What I Want to Know	What I Learned



Web

Chart

Knowledge Chart

Prior Knowledge About ____	New Knowledge About ____
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Prediction Chart

What I Predict Will Happen	What Actually Happened

Understanding Life Skills

Having good health isn't just about knowing what to eat or how to stay well. It's also about other skills that you use in your daily life. Learning how to use these skills can help you stay safe and healthy.

Communicate

When you communicate, you explain your ideas, needs, or feelings so others can understand them. You also need to listen to what others have to say.

How to Communicate Well

1. Decide whom to talk to.
2. Say what you need to say.
3. Listen carefully. Answer any questions.
4. Get information.

Make Decisions

When you make decisions, you think about your choices. Then you decide on the best thing to do to be safe and healthy.

Steps for Making Decisions

1. Think about the choices.
2. Say **NO** to choices that are against the law or your family's rules.
3. Ask yourself: What could happen with each choice? Does the choice show good character?
4. Make the best choice.

Understanding Life Skills

Manage Stress

Everyone feels stress. Knowing how to manage your stress can help you feel better.

Steps for Managing Stress

1. Know what stress feels like.
2. Figure out what is making you feel stress.
3. Do something that will help you feel better.

Ways to Relieve Stress

- Take a walk, or exercise.
- Draw a picture.
- Think about a happy place.

Refuse

Know what to say before you are asked to do something you don't want to do.

How to Refuse

1. Say **NO**, and tell why not.
2. Think about what could happen.
3. Suggest something else to do.

Other Ways to Refuse

- Say **NO** again, and walk away.
- Change the subject.

Understanding Life Skills

Resolve Conflicts

You must communicate to find ways to resolve conflicts.

Steps for Resolving Conflicts

1. Agree that there is a problem.
2. Listen to the other person.
3. Think of ways to work out the problem together.
4. Find a way for both sides to win.

Ways to Work Out a Problem

- Talk about the problem.
- Ask for someone to help you work it out.
- Think about a happy place.
- Take a break for a while.

Set Goals

When you set goals, you decide on a change you want to make. Then you take steps to make that change happen.

Steps for Setting Goals

1. Set a goal.
2. Plan steps to meet that goal.
3. Work toward the goal.
4. Ask yourself: How am I doing?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Honesty
--------	-------------	----------	---------	----------------	---------

These six character traits help us make good decisions.
Having good character means showing these traits every day.

Caring

“The only way to have a friend is to be one.”

—Ralph Waldo Emerson

DO

- Help your family.
- Be a good friend.
- Show kindness to others.
- Be a good listener.
- Thank people who help you.
- Help people in need.

DON'T

- Don't be selfish.
- Don't gossip.
- Don't hurt anyone's feelings.

How do YOU show CARING?

Citizenship

“Do good with what thou hast, or it will do thee no good.”

—William Penn

DO

- Take pride in your school, community, and country.
- Obey laws and rules.
- Be a good neighbor.
- Cooperate.
- Protect the environment.

DON'T

- Don't break rules and laws.
- Don't waste natural resources.
- Don't damage public property.
- Don't litter.

How do YOU show CITIZENSHIP?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Honesty
--------	-------------	----------	---------	----------------	---------

These six character traits help us make good decisions.
Having good character means showing these traits every day.

Fairness

“Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing.”

—Abraham Lincoln

DO

- Play by the rules.
- Share.
- Take turns.
- Listen to others.
- Be a good sport.

DON'T

- Don't take more than your share.
- Don't take advantage of others.
- Don't blame others without cause.
- Don't cut in front of others in line.
- Don't be a bad loser or a bad winner.

How do YOU show FAIRNESS?

Respect

“Whatever is begun in anger ends in shame.”

—Benjamin Franklin

DO

- Be kind to people who are different from you.
- Be polite. Use good manners.
- Think about how others feel.
- Stay calm when you are angry.
- Develop self-respect.

DON'T

- Don't use bad language.
- Don't threaten or bully anyone.
- Don't hit or hurt anyone.

How do YOU show RESPECT?

Building Good Character

Caring	Citizenship	Fairness	Respect	Responsibility	Trustworthiness
--------	-------------	----------	---------	----------------	-----------------

These six character traits help us make good decisions.

Having good character means showing these traits every day.

Responsibility

“I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do.”

—Helen Keller

DO

- Practice self-control.
- Express feelings in appropriate ways.
- Practice good health habits.
- Keep trying. Do your best.
- Complete tasks.
- Set goals and carry them out.

DON'T

- Don't smoke. Don't use alcohol or other drugs.
- Don't do things that are unsafe.
- Don't be talked into doing things that are wrong.
- Don't make excuses for your mistakes.
- Don't lose or misuse your things.

How do YOU show RESPONSIBILITY?

Honesty

“Honesty is the first chapter in the book of wisdom.”

—Benjamin Franklin

DO

- Tell the truth.
- Do the right thing.
- Report dangerous situations.
- Be dependable.
- Be loyal.

DON'T

- Don't tell lies.
- Don't cheat.
- Don't steal.
- Don't break promises.
- Don't borrow things without asking.

How do YOU show HONESTY?

Eating Right

Dietary Guidelines for Americans

These guidelines come from the United States Department of Agriculture (USDA). Use them to have good nutrition and to make healthful choices.

Aim for Fitness

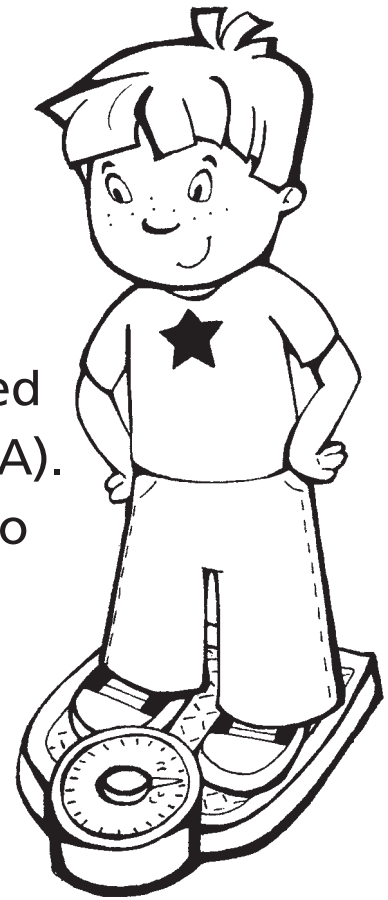
- Try to stay at a healthy weight.
- Be physically active each day.

Build a Healthy Base

- Use MyPyramid to help you make healthful food choices.
- Each day, choose a variety of fruits, vegetables, and grains such as whole wheat and brown rice.
- Keep food safe to eat.

Choose Sensibly

- Choose foods with low fat and low sugar.
- Choose foods with low salt.
Use less added salt.



Eating Right

Fight Bacteria

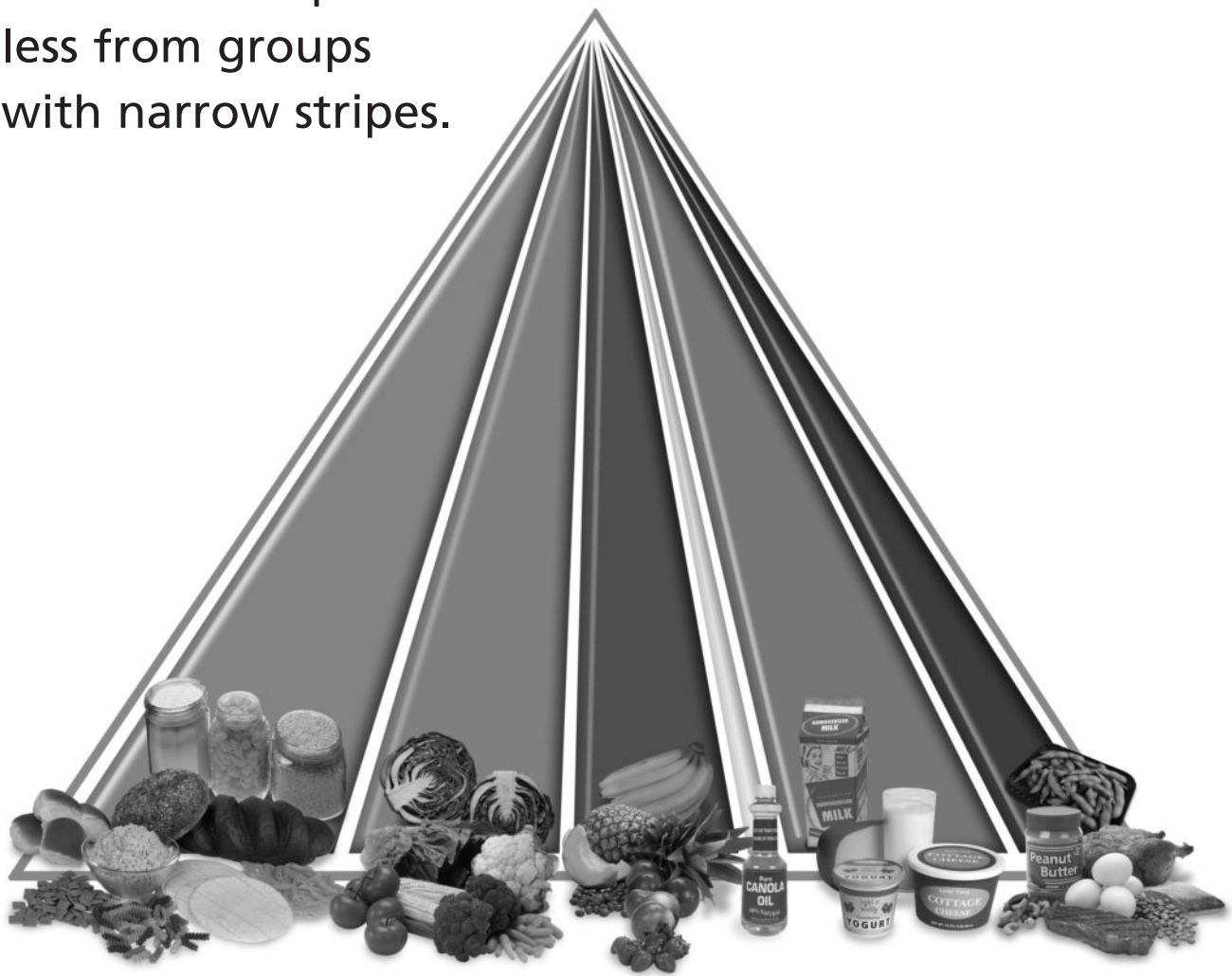
Eating spoiled food or undercooked meat can make you ill. To keep your food safe, follow the steps shown in the picture below. And remember—when in doubt, throw it out!



Eating Right

MyPyramid

It is important to eat foods from all the food groups. MyPyramid helps you choose healthful foods in the right amounts. You should eat more from food groups with wide stripes and less from groups with narrow stripes.



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Eating Right

Dental First Aid

Food or Objects Caught Between Teeth

Use dental floss to gently take out the object. If it cannot be removed easily, call your dentist.

You should know what to do if you have a broken or knocked-out tooth.



Broken Tooth

Rinse your mouth with warm water. Place a cold pack on the hurt area. Save any broken tooth parts. Call your dentist right away.

Knocked-Out Permanent Tooth

Find the tooth and wash it carefully. Put it back into the socket if you can. Hold it in place by biting on a clean cloth. If the tooth cannot be put back in, place it in a cup with milk or water. In either case, see a dentist as soon as possible.

Bitten Tongue or Lip

Hold a clean cloth on the bleeding area. Use a cold pack to stop swelling. If the bleeding doesn't stop within fifteen minutes, go to a hospital emergency room.

Eating Right

Food Safety Tips

- Wash your hands in warm, soapy water before making food. Wash your hands after preparing each dish.
- Keep raw meat, chicken, fish, and their juices away from other food.
- Never eat food that has raw eggs or raw egg yolks in it, such as unbaked cookie dough.



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- After a meal, wash all dishes, knives, forks, and spoons with hot, soapy water. Also wash the tops of counters.
- Keep leftover food in small bowls so it will cool fast. Put them in the refrigerator right away.



Getting Exercise

Warm-Up and Cool-Down Stretches

Warm up your muscles before you exercise. Spend at least five minutes stretching. You can use any of the stretches shown here. Hold each stretch while you count to 15. Repeat each stretch three times. Remember to start exercising slowly.

Slow down at the end of exercise. Then repeat some of these stretches for about two minutes. Stretching after exercise helps your muscles cool down.

▲ Leg Stretch

Extend one leg behind you. Keep the toes of that foot pointed up.



◀ Sit-and-Reach Stretch

Bend forward at the waist. Keep your eyes on your toes.

▼ Upper-Back and Shoulder Stretch

Try to stretch your hand down so that it rests flat against your back.

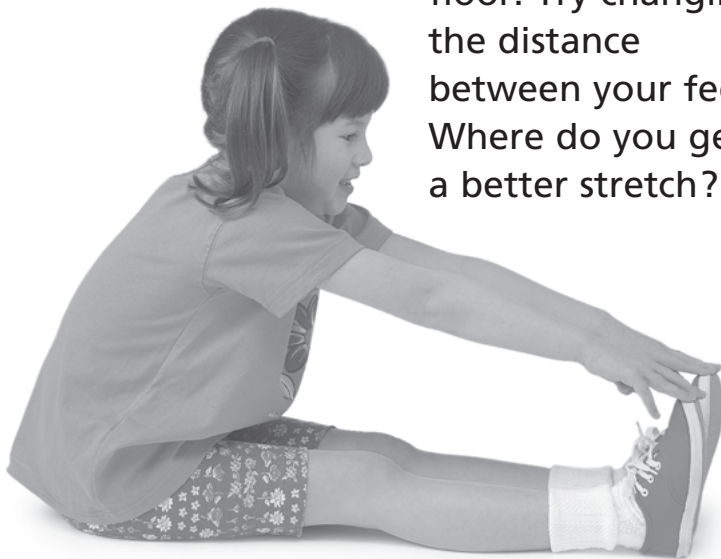


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- **Thigh Stretch** Keep both hands flat on the ground. Lean as far forward as you can.



- ▼ **Calf Stretch** Keep both feet on the floor. Try changing the distance between your feet. Where do you get a better stretch?



- ◀ **Shoulder and Chest Stretch** Pull your hands slowly toward the floor. Keep your elbows straight, but don't lock them.



Tips for Stretching

- Never bounce. Stretch gently.
- Breathe normally to get the air you need.
- Never stretch until it hurts. You should feel only a slight pull.

Getting Exercise

Build Your Heart and Lungs

Exercise helps your heart and lungs grow strong. The best exercise activities make you breathe deeply. They make your heart beat fast. You should try to exercise for at least twenty minutes at a time. Remember to warm up first and cool down at the end.

▼ **Swimming** If you are not a strong swimmer, use a kickboard to get a good workout. Remember to swim only when a lifeguard is present.

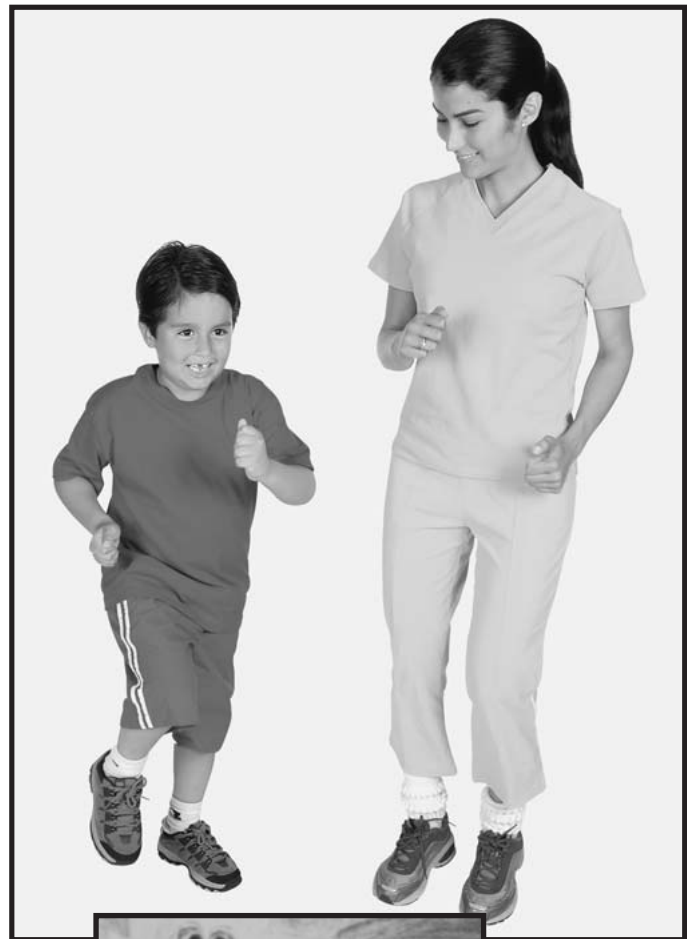
▲ **Skating** Always wear a helmet, elbow and knee pads, and wrist guards. Learn to skate, stop, and fall correctly.



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► **Walking** A fast walk can help build your heart and lungs. Wear shoes that support your feet. Walk with a friend for extra fun!

▼ **Riding a Bike** When you ride your bike, your exercise really gets you somewhere! Follow bike safety rules, and always wear your helmet. See pages 118–119 for information on safety rules and bike helmets.



▲ **Jumping Rope** Jumping rope is good for your heart and your lungs. Always jump on a flat surface. Wear shoes that support your feet.

Getting Exercise

The President's Challenge

The President's Challenge is a physical fitness program for children ages six to seventeen. There are five activities in the President's Challenge. Each activity tests the fitness of a different part of your body. Your teacher can tell you more about how to take the President's Challenge.



- 1 **Curl-Ups or Sit-Ups** This exercise measures strength in the muscles below your stomach.

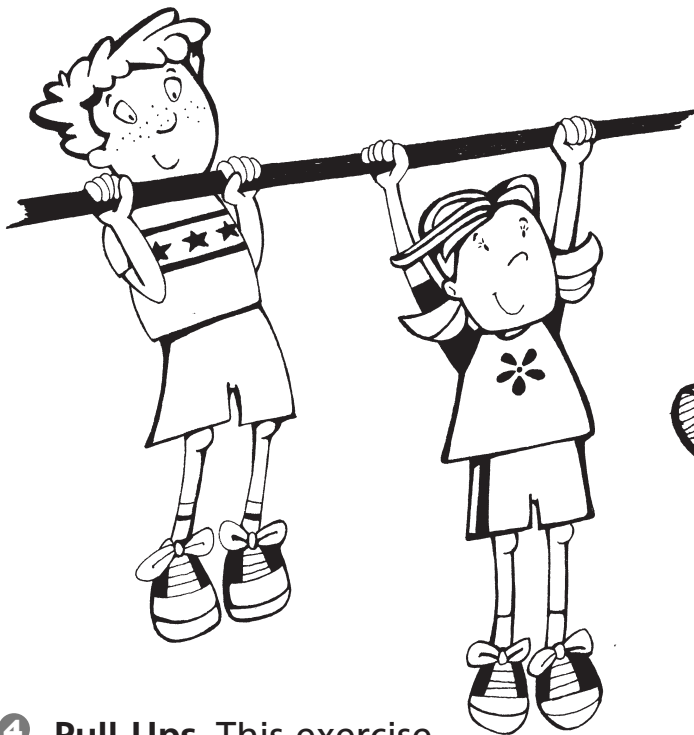
- 2 **Shuttle Run** This exercise measures the strength of your legs. It also tests your heart and lungs.



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- 3 One-Mile Run or Walk** This exercise measures the strength of your legs. It tests how long you can exercise without getting too tired.



- 4 Pull-Ups** This exercise measures strength in the muscles of your arms and shoulders.



- 5 V-Sit Reach** This exercise measures how easily the muscles of your legs and back can stretch.

Health and Safety

Backpack Safety

Carrying a backpack that is too heavy can injure your back. Carrying one the wrong way also can hurt you.



Right way

Wrong way

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Safe Weight

Kee your backpack at a safe weight.

If you weigh	Your backpack should weigh no more than
45 pounds	$4\frac{1}{2}$ pounds
50 pounds	5 pounds
55 pounds	$5\frac{1}{2}$ pounds
60 pounds	6 pounds

▲ Your health book weighs about $1\frac{1}{2}$ pounds.

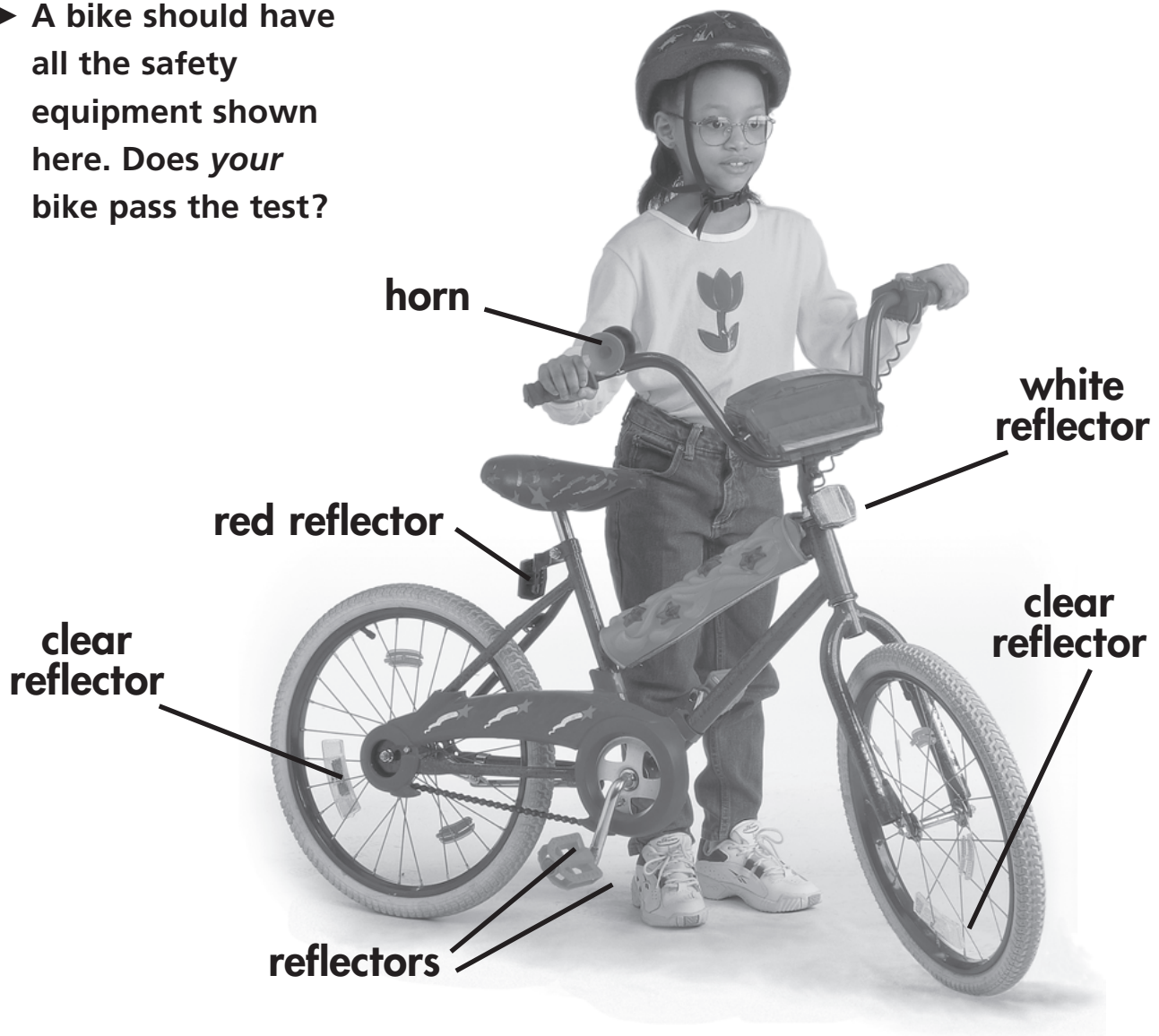
Safe Use

- Always use both shoulder straps to carry the pack.
- Use a pack with wide shoulder straps and a padded back.

Health and Safety

Bike Safety Check

- Your bike should have all the right safety equipment.
 - A safe bike should be the right size for you. You should be able to rest your heel on the pedal when you sit on your bike with the pedal in the lowest position.
- ▶ A bike should have all the safety equipment shown here. Does *your* bike pass the test?



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Health and Safety

Safety While Riding

- Check your bike for safety every time you ride it.
- Ride in single file. Ride in the same direction as traffic.
- Stop, look, listen, and think when you enter a street or cross a driveway.
- Walk your bike across an intersection.
- Obey all traffic signs and signals.
- Don't ride at night without an adult. Wear light-colored clothing, and use lights and reflectors for night riding.

Your Bike Helmet

- Always wear a bike helmet.
- Wear your helmet flat on your head. Be sure it is strapped tightly.
- Replace your helmet if it gets bumped in a fall. Even though it may not be broken, the inside may be damaged. The helmet would not protect you if you fall again.



Health and Safety

Earthquake Safety Tips

- If you are outside, stay there. Move away from buildings and electric wires.
- If you are inside, go under a doorway or a heavy table or desk. Stay away from glass doors and windows.
- After the earthquake there may be aftershocks. Watch for falling objects.



Storm Safety Tips



In a Tornado

Go to a safe area away from doors and windows. A hallway or basement is best.

In a Hurricane

Stay in a room in the middle of the house. Listen to weather reports for what to do.

Fire Safety

You can stay safe from fires. Follow these safety rules.

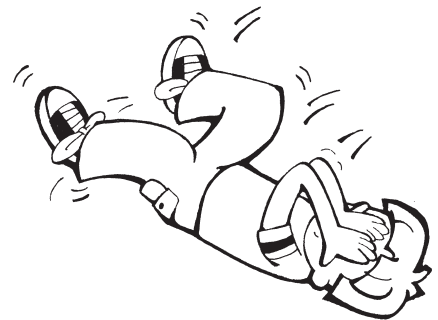
- Never play with matches or lighters.
- Be careful around stoves, heaters, fireplaces, and grills.
- Don't use microwaves, irons, or toasters without an adult's help.
- Practice your family's emergency plan.
- If there is a fire in your home, get out quickly. Drop to the floor and crawl if the room is filled with smoke. If a closed door feels hot, don't open it. Use another exit. Call 911 from outside your home.
- If your clothes catch on fire, use Stop, Drop, and Roll right away to put out the flames.



1 Stop Don't run or wave your arms.



2 Drop Lie down quickly. Cover your eyes with your hands.

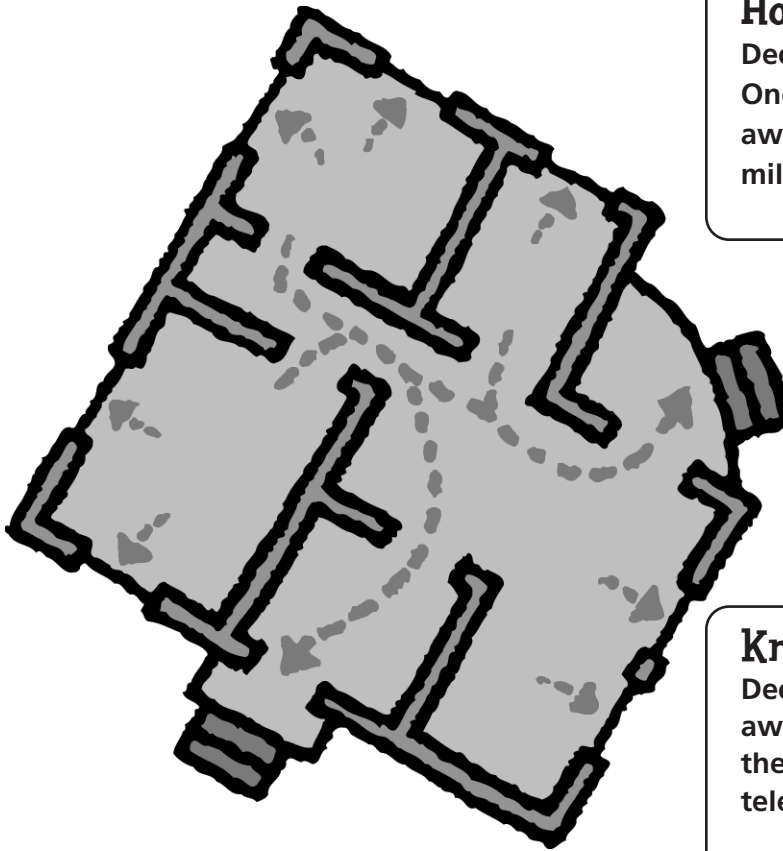


3 Roll Roll back and forth to put out the fire.

Health and Safety

Family Emergency Plan

Your family can be safe in an emergency by following a plan.



Have Two Meeting Places

Decide on two places to meet. One should be about a block away and the other at least a mile away.

Know What Could Happen

Learn what emergencies might happen in your area.

Know Your Family Contact

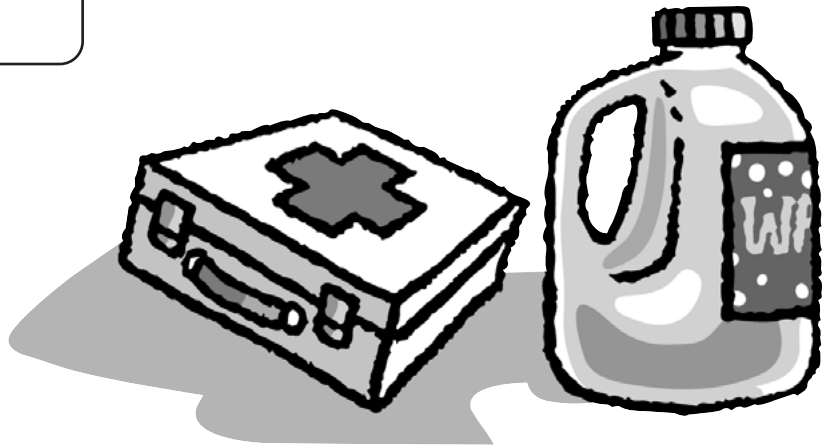
Decide on someone who lives far away to be a contact person. Know the person's name, address, and telephone number.

Have Emergency Drills

Practice getting out of your home safely.

Make an Emergency Kit

Gather first-aid items, food, and water.



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Health and Safety

First Aid for Kids

You can help someone who is hurt and stay safe, too. You will need to know these things.



**Know when to
call 911.**

**Know how the
body works.**

**Know how to
check for safety.**

**Know how to
prevent injury.**

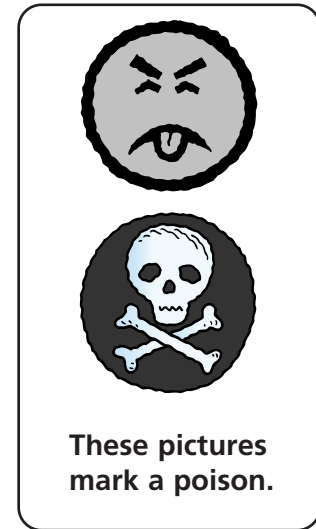
Health and Safety

Prevent Poisoning

A poison is something that can kill you or make you very ill. Some poisons have special uses. Only adults can use them safely.

Keep Away from Poisons

- Know the pictures and words that mark poisons.
- Never take any medicines or vitamins by yourself. Always ask an adult to help you.
- Never use cleaning products by yourself. Never mix cleaning products.
- Never use insect sprays or lotions by yourself. Always ask an adult to help you.



Health and Safety

Stranger Danger

Be safe. Follow these rules.

- Never talk to strangers.
- Never go anywhere with a stranger.
- Do not open the door if you are home alone.
- Do not tell anyone on the telephone that you are home alone unless you are calling 911.
- Do not give your name, address, or phone number to a stranger.
- If you are lost, tell a police officer, a guard, or a store clerk.



Health and Safety

Safety near Water

Water can be fun, but it can harm you, too. A person can drown in five minutes or less. The best way to be safe near water is to learn how to swim.

Water Safety Rules

- Never swim when there is no adult to watch you.
- If you cannot swim, do not use a blow-up raft to go into deep water.
- Know the rules for the beach or pool, and obey them.
- Do not run or play roughly while you are near the water.
- Never dive in head-first the first time you go in the water. Go feet-first to learn how deep the water is.



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- Watch the weather. Get out of the water at once if you see lightning or hear thunder.
- Protect your skin with sunscreen. Protect your eyes with sunglasses.
- Always wear a life jacket approved by the Coast Guard when you are in a boat.
- Know what to do in an emergency.



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▲ Always wear a life jacket when you ride in a boat.

Health and Safety

Summer and Backyard Safety

Summertime is a fun time of year. Check this safety list before playing.

- **Fire** Be careful around barbecue grills, lighter fluid, and bonfires.
- **Poison** Many plants, such as poinsettias, certain mushrooms, poison ivy, and oleander, are poisonous. Use caution around pesticides, pool chemicals, and pet products.



- **Water** Be careful around water. Wear a life jacket when boating. Wear boat shoes on slippery decks.
- **Cutting Tools and Power Tools** Be careful around mowers and other power tools.

- **Strangling Hazards** Use caution around fences, decks, railings, swings, clotheslines, and ropes.
- **Falling** Use good sense and good manners around playground equipment.
- **Animals** Avoid ticks, mosquitoes, bees, and stray animals. They can cause disease or injuries.



- **Sun** Always use sunscreen, even on cloudy days. Drink plenty of water when out in the sun.

Health and Safety

My Internet Safety Rules

- 1** I will never give anyone my name or address unless my parents know about it.
- 2** I will tell my parents if I see something that does not seem right for me to see.
- 3** I will never agree to get together with someone I meet on-line.
- 4** I will talk with my parents about rules for going on-line. I will follow those rules.



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