



Kindergarten Health Resources

SCHOOL AND FIRE SAFETY

This kit is designed for the start of the school year and the CIMC has 8 copies so each school will have a kit to share. This unit is in two parts: (1) School Safety and (2) Fire Safety.

1. Using materials available at your school site, teach students the school and playground safety rules. Additionally be sure to teach the procedures for fire, earthquake, and lock-down drills. Note: The kit does not contain any materials for these lessons.
2. There are 4 lessons from *play safe! be safe!* developed by the folks who make BIC lighters. The first lesson introduces children to firefighters and their equipment. The next two lessons teach safe responses to fire: Stop, Drop and Roll and Crawl Low Under Smoke. The last lesson is about avoidance of fire starting materials (matches, lighters, etc.). The kit includes picture cards, games, a DVD, and a read-aloud book. English and Spanish parent handouts are available.

Web resource:

<http://www.playsafebesafe.com/>

HEALTHY BREAKFAST

The *Start Smart Eating & Reading* program developed by 4-H Extension at Oregon State University has 5 lessons to introduce healthy eating at breakfast. Each lesson centers on a different food group, a read-aloud book, a lesson explaining how the food group helps your body, and a simple song to help remember the information (CD included).

There are also directions for an easy food preparation activity for each lesson: Morning Smiles English muffins, Wrap-it-up tortillas, edible veggie art, Grain-ola cereal mix, and Yogurt-Fruit Parfait. Students track their own breakfasts on a calendar. Short newsletters in English and Spanish are available for parents.

Web resource:

<http://extension.oregonstate.edu/catalog/html/4h/4h6830/startsmart1.html>