

Grade 5 Health Update

Dear Parents/Guardians,

In Health, we will be starting our new unit on Personal Safety & Injury Prevention. Please see below for a table outlining the curriculum expectations and key topics for discussion.

<p>C1.1 Supports – injury prevention, emergencies, bullying, violence</p>	<p>Key Topics:</p> <ul style="list-style-type: none"> - Identify people (i.e. parents, guardians, neighbours, police, coaches, crossing guards) and services (i.e. 911, Tele Health, public health units, student services) to assist with injury prevention, emergencies, bullying and violent situations
<p>C2.2 Strategies – threats to personal safety</p>	<p>Key Topics:</p> <ul style="list-style-type: none"> - Ability to deal with threatening situations - Personal skills (i.e. self-monitoring, anger management) - Interpersonal skills (i.e. conflict resolution, communication skills, refusal skills) - Safety strategies (i.e. having a plan and thinking before acting) - Looking confident - Being aware of surroundings - Being aware of body language, tone of voice, facial expressions - Seeking help - Analyse situations and develop responses
<p>C3.2 Actions, self-concept</p>	<p>Key Topics:</p> <ul style="list-style-type: none"> - Explain how a person’s actions can affect their own and others feelings, self-concept, emotional well-being and reputation (i.e. name calling, making homophobic or racist remarks, mocking appearance excluding, bullying, sexual harassment) - Positive actions such as praising, supporting, including and advocating

Thanks for your support,

Mrs. Rich & Mrs. Gardner