

UNIVERSITY OF THE ASSUMPTION | School of Education | Educ 3A

C-EDUC10: Building & Enhancing New Literacies Across the Curriculum

Spring Semester AY 2022-2023



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<https://www.sunstar.com.ph/article/1773184/bacolod/lifestyle/octaviano-celebrating-the-filipino-children>

Session 7

***Health and Safety
Literacy***





**How do you
describe a healthy
child at school?**

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- ❖ Eats and drinks properly and adequately
- ❖ Safe from physical harms
- ❖ Can work very well
- ❖ No diseases
- ❖ Feels okay
- ❖ **HAPPY**



TODAY'S SESSION OBJECTIVES



- 1. Identify the essential health and safety issues related to the total well-being of people in the school community; and,**
- 2. Integrate health and safety literacy into the curriculum.**



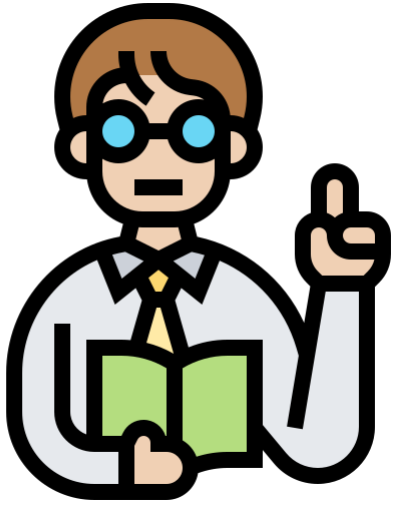


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The teacher as health exemplar in school

- Promote cleanliness and orderliness in the classroom
- Involve students in health-related tasks
- Include health issues in the lessons as enrichment activities
- Uphold health and safety literacy programs of the school



HEALTH AND SAFETY LITERACY

Personal
Hygiene
and
Grooming

Nutrition

Mental
Health

Safety
and First
Aid

CURRICULUM INTEGRATION



1. Personal Hygiene and Grooming

**Taking care
of your **SELF** and
your body**



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1. Personal Hygiene and Grooming



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SELF



1. Personal Hygiene and Grooming

Sense of responsibility

Encouraging neatness

Lively presence

Fresh look



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1. Personal Hygiene and Grooming

Sense of responsibility

- Don't just remind them, involve them
- Intrinsic motivation
- Evaluating self
- Check goal regularly



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1. Personal Hygiene and Grooming

Encouraging neatness

- Demonstrating spic and span
- Actual practice in the classroom
- Recognition of good hygiene and grooming



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1. Personal Hygiene and Grooming

Lively presence

- Celebrating cleanliness and orderliness
- Exuding an enthusiastic aura with your getup
- Showing how fun it is to maintain proper hygiene and good grooming



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1. Personal Hygiene and Grooming

Fresh look

- Coming to school as a model of good grooming
- Greeting people with confidence and sunshine happiness



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2. Nutrition

**Doing the right DIET
to make your body go,
grow, glow**



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2. Nutrition

DIET



Credits to the Owner of the Image:<https://nationaltoday.com/nutrition-month-philippines/>



2. Nutrition

Ditching malnutrition

Indorsing good foods

Exercising with nutrition

Teaching proper eating



Credits to the Owner of the
Image:<https://nationaltoday.com/nutrition-month-philippines/>



2. Nutrition

Ditching malnutrition

- Nutrition Month Celebration every July
- Community feeding programs
- Nutrition monitoring



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2. Nutrition

Endorsing good foods

- Promoting balanced diet
- Integrating **Go, Grow, Glow**
- Food festivals



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2. Nutrition

Exercising with nutrition

- Complementing good eating with exercising
- Upholding appropriate eating habits



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2. Nutrition

T

eaching proper eating

- Including eating schedule in the regular school program
- Nutrition education drives



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3. Mental Health

Keeping a healthy
MIND through social-
emotional learning



Translation: “Let’s Talk!” Credits to
the Owner of the Image:
<https://mentalhealthph.org/05-20/>



3. Mental Health

MIND



Translation: **“Let’s Talk!”** Credits to the Owner of the Image: <https://mentalhealthph.org/05-20/>



3. Mental Health

Managing emotions

Intellectual exercise

Nourishing relationships

Developing self-esteem



Translation: “Let’s Talk!” Credits to
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3. Mental Health

Managing emotions

- Self-awareness
- Being honest of your feelings
- Suppression-Reassessment-Acceptance



Translation: **“Let’s Talk!”** Credits to
the Owner of the Image:
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3. Mental Health

Intellectual exercise

- Engaging in academic conversation
- Reading
- Recreating through puzzles



Translation: **“Let’s Talk!”** Credits to
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3. Mental Health

Nourishing relationships

- Positive teacher-student rapport
- Mutual respect in the classroom
- Fun of uniqueness
- Inclusivity



Translation: “Let’s Talk!” Credits to
the Owner of the Image:
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3. Mental Health

Developing self-esteem

- Recognizing achievements
- Encouraging self-confidence
- Teambuilding activities



Translation: **“Let’s Talk!”** Credits to
the Owner of the Image:
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4. Safety and First Aid

**A healthy school
community is SAFE
from any harm.**



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4. Safety and First Aid



SAFE

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4. Safety and First Aid

Secure environment

Accident-free procedures

First aid training

Emergency preparedness



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4. Safety and First Aid

Secure environment

- Maximizing space for safe mobility
- Removing or modifying furniture
- Standardizing lighting and ventilation



Credits to the Owner of the Image:
<https://newsinfo.inquirer.net/816480/startin-g-em-young-red-cross-conducts-first-aid-training-for-kids>



4. Safety and First Aid

Accident-free procedures

- Instituting precautionary measures
- Posting signs and reminders
- Routinizing movements



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4. Safety and First Aid

First aid training

- Certificate training for teachers
- Coordination with the school clinic
- Practicing first aid measures with students



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<https://newsinfo.inquirer.net/816480/startin-g-em-young-red-cross-conducts-first-aid-training-for-kids>



4. Safety and First Aid

Emergency preparedness

- School emergency plan
- Emergency contacts
- Disaster drills



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CONCLUSION

Holistic health literacy primarily promotes personal hygiene, good nutrition, mental health, and safety on campus and at home. Aside from integrating it into the curriculum, teachers are enjoined to be the exemplars of health and safety literacy.



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HEALTH AND SAFETY LITERACY

Personal Hygiene and Grooming

Nutrition

Mental Health

Safety and First Aid

CURRICULUM INTEGRATION



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