

# STANDARDS FOR HEALTH AND WELLNESS: GRADE 4

## CATALINA FOOTHILLS SCHOOL DISTRICT

### **Standard 1: Essential Health Concepts**

**Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

HW.4.1.1 Describe the relationship between healthy behaviors and personal health (for example: nutrition guidelines, eating healthy meals with family members, good sleep patterns, eating habits, personal hygiene, physical activity, wearing helmets, wearing seat belts, family and school rules about alcohol, tobacco, drug use); managing stress and emotions. [Also in Human Growth and Development, BC.4.1]

HW.4.1.2 Describe when and why it is important to seek health care (for example: when to visit the school/community health office/emergency/allergies/dentist reasons why it would be necessary to visit a doctor, dentist, school nurse, school counselor – fever, sore throat, headache, toothache, burns, falls, cuts, bleeding; required: first aid and emergency procedures: emergency response/calling 911) [Also in Human Growth and Development R.4.1]

### **Standard 2: Analyzing Influences**

**Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

HW.4.2.1 Describe how the family influences personal health practices and behaviors (for example: identifying safety equipment and practices that family members use, family meal patterns, family health risks: heart condition, exercise patterns, screen time).

HW.4.2.2 Identify the influence of culture on health practices and behaviors (for example: cultural customs about meal time, choice of foods, dietary behaviors; holiday traditions, outdoor activities/play). [See Universals of Culture in Social Studies Standard.]

### **Standard 3: Accessing Valid Information and Services**

**Demonstrate the ability to access valid information and products or services to enhance health.**

HW.4.3.1 Locate resources from home, school, and community that provide valid health information (for example: food and vitamin labels, warning labels on chemicals and cleaning products; Internet resources that end in .gov or .org are sources that usually provide valid information; Centers for Disease Control, and Prevention American Heart Association, Consumer Product Safety Commission, Food & Drug Administration).

### **Standard 4: Interpersonal Communication**

**Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

HW.4.4.1 Demonstrate nonviolent strategies to manage or resolve conflict (for example: playground incidents, friendship problems; using assertive statements or “I messages,” walk away from conflict, active listening, asking an adult for help, strategies to calm down: counting to 10, taking a break, drawing a picture, talking to someone, taking a walk). [Connect to Developmental Guidance]

HW.4.4.1 Demonstrate refusal skills that avoid or reduce health risks (required: bullying, stranger danger, alcohol, tobacco, drugs, inappropriate touches). [Connect to Developmental Guidance]

### **Standard 5: Decision Making**

#### **Demonstrate the ability to use decision-making skills to enhance health.**

HW.4.5.1 Describe health-related situations that might require a thoughtful decision (for example: snacks, lunch choices, exercise, screen time, doctor/dentist visits, expressing feelings; whether or not to smoke tobacco, drink alcohol, or take drugs).

HW.4.5.2 Analyze when assistance is needed when making a health-related decision (for example: when to take medication, determining severity of injury; required: “kid-sized” problem - cutting in line, picking nose, breathing on me - vs. adult-sized problem - threats, bullying injury, harassment, destroying property).

### **Standard 6: Goal Setting**

#### **Demonstrate the ability to use goal-setting skills to enhance health.**

HW.4.6.1 Plan a personal health goal and monitor its progress. [Connect to Physical Education, Standard 7, and Self-direction/Self-regulation]

HW.4.6.2 Identify resources to assist in achieving a personal health goal (for example: nutritionist, personal trainer, PE teacher, Internet resources).

### **Standard 7: Practicing Health-Enhancing Behaviors**

#### **Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

HW.4.7.1 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health (for example: keeping teeth and mouth clean and healthy, skills to manage stress, self-management skills; required: strategies for avoiding bullying, harassment, and inappropriate touching). [Connect to Standards 1 & 2; Also in Human Growth & Development, BC.4.1]

### **Standard 8: Health Promotion**

#### **Demonstrate the ability to advocate for personal, family, and community health.**

HW.4.8.1 Encourage others to make positive health choices (for example: using sun protection, encouraging others to eat healthy and exercise, buying healthy foods, reminding friends to drink plenty of water, wear bike helmets and seatbelts).

