

*DIOCESE OF TOLEDO  
Health Course of Study  
Kindergarten 2009*



Catholic Youth and School Services  
1933 Spielbusch Avenue  
Toledo, Ohio 43697-0985  
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## **DIOCESE OF TOLEDO SCHOOL PHILOSOPHY**

*“The duty of human perfection, like the whole universe, has been renewed, recast, super naturalized, in the Kingdom of God. It is a truly Christian duty to grow... and to make one’s talents bear fruit...It is a part of the essentially Catholic vision to look upon the world as maturing--not only in each individual, or in each nation, but in the whole human race.”*

*(Teilhard de Chardin, The Divine Milieu)*

The schools of the Catholic Diocese of Toledo assist parents in preparing their youngsters to assume their Christian vocation. The schools enable youngsters to perfect and grow in the knowledge, skills, values and attitudes to which they are called by Jesus Christ. This vocation begins and grows as each member hears the message of the Gospel, seeks to achieve a personal relationship with Jesus Christ and shares in a commitment of love and service of God and others in order to transform self and society.

Christian education in the Toledo Diocesan schools is intended to make students become people of faith who can experience--inside and outside the school setting-- learning and living in the light of this faith commitment. Students are instructed in human knowledge and skills in order to best relate human culture to God’s plan for His evolving creation. Religious education, i.e., instruction in truths and development of values, is of primary concern. This religious education serves as the basis by which students can integrate their experiences of learning and living at each stage of their development.

This integration thrives in a thoroughly Christian atmosphere where faculties and staffs share and demonstrate in their professional and private lives this same commitment to personal perfection and growth in Jesus Christ.

Toledo Diocesan schools enable students to extend their personal faith commitment through prayer and by serving others. Together with faculty and staff, students participate in liturgical activities which foster community. Students explore ways to meet the challenges of tensions and conflicts which occur in community, especially in peacemaking and the achievement of justice. Gospel values impel students to a special concern for all who suffer any disadvantage. Students are enabled to commit themselves to the public interest by developing the skills and talents needed to contribute to the life of the nation.

This experience of integrating learning and living a commitment of faith is a reason for hope. It is the duty of the schools of the Diocese of Toledo to continually explore and rekindle hope for the future in the light of the present reality of the universe. Engaging our members--and the community-at-large--in a search for growth and perfection is our never-ending obligation. Our ultimate goal is union with Jesus Christ, “the way, the truth and the life.”

### **Diocese of Toledo Health Course of Study Philosophy**

The Health Course of Study of the Diocese of Toledo seeks to connect content areas including Health, Religion Science, Physical Education and safety while providing a foundation for health-enhancement and risk avoidance behaviors among young people. This document provides teacher support as he/she strives to motivate young people to build healthy life-styles.

The Health Course of Study, understanding the complexity of the TOTAL person, incorporates a multidimensional approach to life the student learns that actions have both positive and negative consequences. Problem solving skills and strategies prepare students to make healthy lifestyle choices. Eventually, the student integrates his/her knowledge and understanding of health related issues and makes a commitment to a healthy life-style, all the while living in response to the call of Christ Jesus who is “the way, the truth and the life.”

## **REVIEW PROCESS**

Under the direction of the superintendent, one central office staff member facilitated the Health Course of Study revision process. The review, during the 2007 – 2008 school year considered the content of the 2007 National Health Education Standards as well as the content of the 2000 Toledo Diocesan Health Course of Study.

**Superintendent** Mr. Jack Altenburger

**Project Facilitator** Ann Sardeson

### **Members of Health Course of Study Committee**

Darcey Baertschi	St. John the Baptist, Toledo
Jane Butkowsky	St. Pius X, Toledo (Retired)
Joan Funk	Notre Dame Academy
Andrea Taylor	Notre Dame Academy
Jan Florian	Central Catholic High School, Toledo
Pat Galvin	St. Patrick of Heatherdowns, Toledo
Brenda Goshe	St. Wendelin High School, Fostoria
Gary Hoovler	St. Rose, Perrysburg
Rich Jones	Immaculate Conception, Port Clinton
Shawn Kinnee	St. John's Jesuit High School
Pat Schneider	Our Lady of Perpetual Help (Retired)

**KINDERGARTEN  
HEALTH  
LEARNING OBJECTIVES**

**Kindergarten Standard: Students will know that their body is a gift from God and caring for it depends on understanding and practicing healthy behaviors and avoiding health risks.**

<b>GROWTH &amp; DEVELOPMENT</b>	<p><b>K.GD.1</b> Identify situations when a health-related decision is needed.</p> <p><b>K.GD.2</b> Demonstrate healthy behaviors and practices to maintain or improve health.</p> <p><b>K.GD.3</b> Participate in daily physical activity for 20 to 30 minutes.</p> <p><b>K.GD.4</b> Practice *Brain Gym exercises to build balance and relieve stress.</p> <p><b>K.GD.5</b> Identify trusted adults that can help promote health.</p> <p><b>K.GD.6</b> Describe physical feelings (headaches, upset stomach, etc.) and determine what to do</p>
<b>NUTRITION</b>	<p><b>K.N.1</b> Drink water and healthy beverages often during the day.</p> <p><b>K.N.2</b> Know the foods in the five food groups and eat from each everyday.</p>
<b>HYGIENE</b>	<p><b>K.H.1</b> Demonstrate cleanliness regarding the care of skin, hair, nails, eyes, and ears.</p> <p><b>K.H.2</b> Know about good dental health practices.</p> <p><b>K.H.3</b> Practice preventing the spread of germs by hand washing and covering sneezes and coughs</p>
<b>SAFETY</b>	<p><b>K.S.1</b> Describe ways to prevent common childhood injuries</p> <p><b>K.S.2</b> Practice safety when crossing the street, playing near the street, riding a bicycle, riding the bus, playing with friends, etc.</p> <p><b>K.S.3</b> Practice using seatbelts, locking car doors, and keeping hands and feet inside moving vehicles.</p> <p><b>K.S.4</b> Identify rules for fire prevention.</p> <p><b>K.S.5</b> Describe procedures to follow to escape a fire at home or at school.</p> <p><b>K.S.6</b> Demonstrate stop, drop and roll.</p> <p><b>K.S.7</b> Discuss ways to prevent injury to the eyes and ears.</p> <p><b>K.S.8</b> Discuss safety rules around outlets, electrical appliances, and sharp objects.</p> <p><b>K.S.9</b> Demonstrate ways to be cautious around unknown animals.</p> <p><b>K.S.10</b> Understand the danger of guns and know what to do when you see a real gun.</p>
<b>FIRST AID</b>	<p><b>K.FA.1</b> Know what to do when someone gets hurt.</p> <p><b>K.FA.2</b> Name trusted adults who can help in case of an injury.</p> <p><b>K.FA.3</b> Practice proper care for a minor cut.</p> <p><b>K.FA.4</b> Practice dialing 911.</p>
<b>COMMUNITY IN THE CLASSROOM</b>	<p><b>K.CC.1</b> Use L.I.F.E. Guidelines and Lifeskills to appreciate friends.</p>

## TEACHER RESOURCES

<u>Title</u>	<u>Topic</u>	<u>Author</u>	<u>Address/Phone</u>
Alcoholics Anonymous	Alcohol		<a href="http://www.toledoaa.com">www.toledoaa.com</a> 419-380-9862
AIDS	Diseases & Disorders		<a href="http://www.aids.gov/basic">www.aids.gov/basic</a>
AIDS	Diseases & Disorders		<a href="http://www.aegis.com/">www.aegis.com/</a>
American Cancer Society	Diseases & Disorders		800-ACS-2345
American Heart Association	Diseases & Disorders		800-AHA-USA1
American Lung Association	Diseases & Disorders		800-LUNGUSA
American Red Cross	Diseases & Disorders		419-321-1742
Brain Gym	Learning enhancement	Paul Dennison	<a href="http://gobraingym.com">gobraingym.com</a>
Drug Abuse Outreach Program	Drugs	Lucas County	<a href="http://www.umadaops.com/toledo.htm">www.umadaops.com/toledo.htm</a> 419-255-4444
First Aid			<a href="http://www.medicinenet.com">www.medicinenet.com</a>
Kids Health			<a href="http://www.kidshealth.org">www.kidshealth.org</a>
The Prevention Pipeline	Drugs/Alcohol		800-729-6686
Wellness	All		<a href="http://www.netwellness.org/">www.netwellness.org/</a>
Innovative Resources for Educators	All	Science based Resources	<a href="http://www.cyss.org/HotLinksPages/InnId">www.cyss.org/HotLinksPages/InnId</a>
Dietary Guidelines	Nutrition		<a href="http://www.ars.usda.gov">www.ars.usda.gov</a>
Depression	Mental Health		<a href="http://www.depression.com/">www.depression.com/</a>
Student Personalities	Mental Health		<a href="http://www.green-river.com/">www.green-river.com/</a>
American Egg Board	Nutrition		<a href="http://www.aeb.org">www.aeb.org</a>
Better Breakfast/Better Learning	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
Nutrition	Nutrition		<a href="http://www.mealformation.com">www.mealformation.com</a>
Infections	Infections		<a href="http://www.cdc.gov/ncidod/dhqp/a_z.html">http://www.cdc.gov/ncidod/dhqp/a_z.html</a>
L.I.F.E. Guidelines	Social – Emotional		<a href="http://www.kidshealth.org/parent/infections">http://www.kidshealth.org/parent/infections</a>
Nutrition Camp	Nutrition	Kelloggs	<a href="http://www.cyss.org/Schools/Innovators/">http://www.cyss.org/Schools/Innovators/</a>
Snackin' Smart - Fun Activities	Nutrition	OH Dept. of Education	<a href="http://www.kelloggs.com">www.kelloggs.com</a>
The Food Guide Pyramid	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
What's In a Meal?	Nutrition	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>
Character Education in Ohio	Social Health	OH Dept. of Education	<a href="http://www.ode.state.oh.us">http://www.ode.state.oh.us</a>