

Health Fair

By

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Organizing

5 stations

- **Dental**
- **Nutrition**
- **Drugs/Alcohol**
- **Hygiene**
- **Exercise**

Every child receives a brand new book from *First Book*

- Each station is thirty minutes long
- 5 minutes between each station for classes to rotate with the help of teachers and volunteers.
- All teachers receive a free professional massage

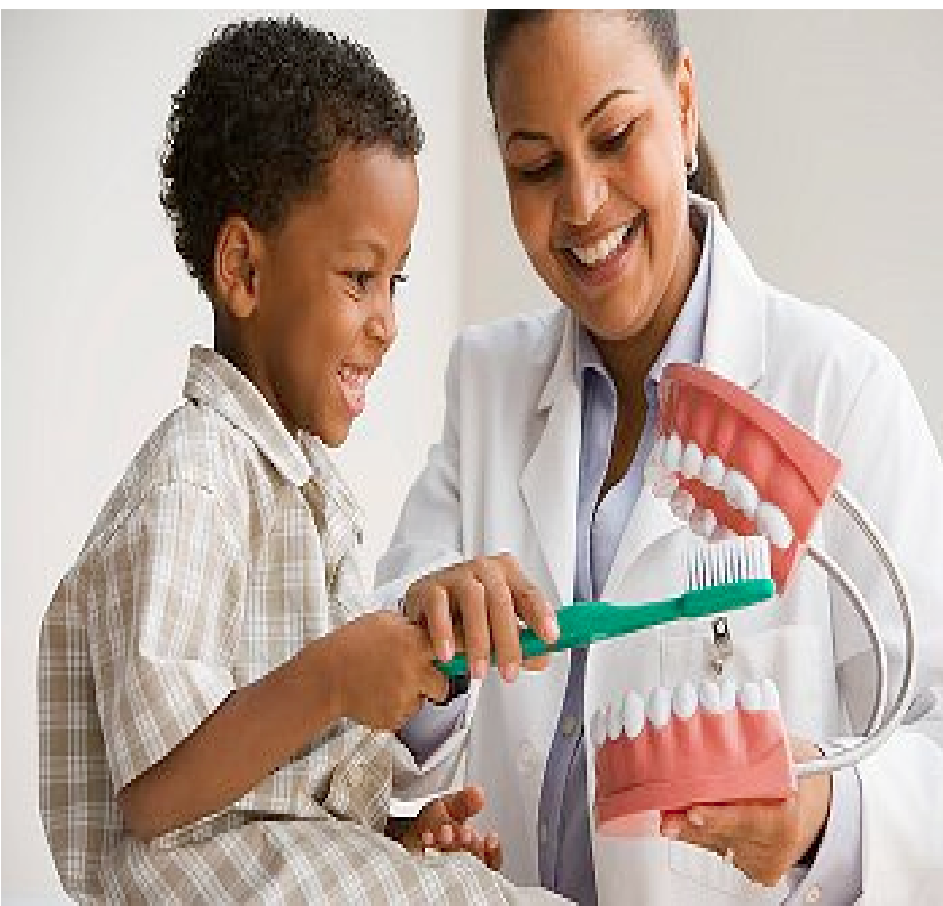
Time	Area 1	Area 2	Area 3	Area 4	Area 5
	Classroom (BACK)	Hall – Bathrooms	Classroom (FRONT)	GYM	Classroom (SIDE)
8:45-9:15	Dental Health CLASS 1	Personal Hygiene Infection Control CLASS 2	Healthy Snacks CLASS 3	Physical Measure CLASS 4	Alcohol/Substance Abuse UMADAOP CLASS 5
Change					
9:20-9:50	Dental CLASS 5	Personal Hygiene CLASS 1	Healthy Snacks CLASS 2	Physical CLASS 3	Alcohol/Substance Abuse CLASS 4
Change					
9:55-10:25	Dental CLASS 4	Personal Hygiene CLASS 5	Healthy Snacks CLASS 1	Physical CLASS 2	Alcohol/Substance Abuse CLASS 3
Change					
10:30-11:00	Dental CLASS 3	Personal Hygiene CLASS 4	Healthy Snacks CLASS 5	Physical CLASS 1	Alcohol/Substance Abuse CLASS 2
Change					
11:05-11:35 Clean Up 11:35-11:40	Dental CLASS 2	Personal Hygiene CLASS 3	Healthy Snacks CLASS 4	Physical CLASS 5	Alcohol/Substance Abuse CLASS 1

Dental Care

- **How and why to brush –**
- **plaque, avoid caries, fluoride, sealant, brush, floss**
- **“swish and swallow”**

Giveaways: toothbrush, toothpaste





Personal Hygiene

Avoid infectious diseases –

- **how disease spreads – touch, cough; wash your hands, cover your mouth**
- **rest, drink lots of fluid- especially water – don't drink from another's cup**

Giveaway: Purell





Nutrition

- **How and why to eat healthy**
- **Food Pyramid introduced and explained**

Giveaway: Healthy snack in plastic baggie



Shapes in Our World

What shapes can you find?

Types of Graphs

ANGLES

Angles are measured only in degrees.

- Acute Angle: less than 90°
- Right Angle: exactly 90°
- Obtuse Angle: more than 90°
- Complementary Angles: two angles that must add up to 90°
- Supplementary Angles: two angles that must add up to 180°
- Straight Angle: exactly 180°



A teacher with short brown hair and glasses, wearing a pink button-down shirt, stands in the center of the classroom. She is gesturing with her right hand as if speaking to the class.

Several students are seated at desks in the foreground. A boy in a black t-shirt with a yellow graphic is looking down at his work. Other students are partially visible, some looking towards the teacher.

Two students are seated at a desk in the middle ground. A boy in a grey t-shirt is focused on his work, and a girl next to him is also working. They appear to be engaged in a hands-on activity.

A desk in the foreground is cluttered with various items, including a water bottle, a yellow container, papers, and other supplies. A green chair is tucked under the desk.

On the right side of the room, there is a white storage cabinet with several shelves. The shelves are filled with stacks of papers, folders, and books. A small white figurine is on top of the cabinet.



Student volunteers from the Nutrition department help prepare healthy snacks.

Exercise

- **Measure child's heart rate (HR) at rest and after a minute of strenuous exercise.**
- **Children will learn their height, weight; experience strengthening flexibility exercises.**
- **Giveaway: jump rope**



Drug Abuse

- **Discussion on what are drugs? How can they affect or harm your body?**
- **Peer Pressure**
- **JUST SAY NO!**
- **COOL KIDS SKIT**





**Free professional
15-minute neck
massage**



Thank you for the health fair on Wednesday at Betty Jane. CLC. one of my favorite parts of the health fair was the tobacco part it really taught me a lesson I will never do drugs or smoke cigarettes. I also asked my mom wife she smoked just like you said and she said she did not know and she is going to stop and that is my dream for her to stop smoking so thank you very much. I really am very happy!

Questions?