



BAYONNE PUBLIC SCHOOLS

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HEALTH PACING GUIDE

6-8th

September

- *MAKING HEALTHY DECISIONS*
- *PERSONALITY, SELF-ESTEEM, AND EMOTIONS*

October

- *PREVENTING VIOLENCE*
- *MOVEMENT AND COORDINATION*

November

- *FAMILY RELATIONSHIPS*
- *KEEPING THE FAMILY HEALTHY*
- *BUILDING HEALTHY PEER RELATIONSHIPS*

December

- *FOOD AND NUTRITION*
- *GUIDELINES FOR HEALTHFUL EATING*
- *PERSONAL CARE*

January

- *SAFEGUARDING THE PUBLIC*
- *THE HEALTHCARE SYSTEM*
- *GLOBAL PUBLIC HEALTH*
- *INFECTIOUS DISEASES*

February

- *A HEALTHY COMMUNITY AND ENVIRONMENT*
- *PREVENTING INJURIES*
- *SAFETY AT WORK AND PLAY*

March

- *DECISION MAKING*
- *PEER PRESSURE*

April

- *REFUSAL SKILLS*
- *RESOLVE CONFLICT*

May

- *FAMILY LIFE- ROLES OF MEMBERS AND HOW THEY DIFFER*
- *DIFFERENCE BETWEEN GENDERS*

June

- HOW TO BE UNIQUE
- DEALING WITH FEELINGS