



# **BAYONNE PUBLIC SCHOOLS**

Administration Building  
667 Ave. A  
Bayonne, NJ 07002

Thomas M. Jacobson  
Director of Health/Physical Education/Nurses  
Vocational

Phone: 201-858-5914  
Email: Tjacobson@bboed.org

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## **HEALTH PACING GUIDE**

### **K-2**

#### **September**

- Safety – fire drill, lock down, shelter in place
- Behavior and expectations
- Manners – Please, thank you , excuse me

#### **October**

- Washing hands, use clean tissues, sneeze/cough in elbow
- Hygiene – shower, brush teeth

#### **November**

- Body parts – what they are, how they work
- 5 Senses

#### **December**

- Nutrition – food groups, healthy snacks, food pyramid
- Disease and Health – preventing the spread of germs, doctor visits, dentist visits, grooming

#### **January**

- Oral health
- Safety – stop drop and roll, seat belts, helmets, padding, crossing the street, calling/yelling for help, strangers

## **February**

- Smoking - dangers of 2<sup>nd</sup> hand smoke
- Drugs/Medicine
- Alcohol

## **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 and deal with feelings