

FEBRUARY RMS HEALTH HIGHLIGHTS

See below for information on what students will be learning this month

SIXTH

- Demonstrate effective communication skills during conflict situations to create resolution and show empathy.
- Utilize time management skills and strategies in order to create positive emotional health.
- Identify and describe how to access professionals at school and that can help provide solutions to health issues.



SEVENTH

- Discover the relationship between environment and health and demonstrate advocacy skills to bring awareness to an environmental issue.
- Identify signs and symptoms of when social situations or emotional stressors are becoming unhealthy or troublesome, and how to get support for self or others.
- Identify health professionals at school and in the community available to assist with emotional coping situations.

EIGHTH

- Discuss the importance of personal and community rules regarding safety.
- Discuss ways to prevent unintentional injuries and emergencies.
- List health professionals at school and in the community available to assist and address specific health emergencies, and life skills training (CPR/AED, epi-pen).

Parents: Helpful link for environmental health: <https://www.redcross.org/>