

Integration of Personal Health, Safety & Wellness

Policy

Staff will ensure personal safety, healthy hygiene practices, nutritious eating, and physical activity through the integration of health, safety, and wellness education and practices in the daily routine.

Procedure

- Staff will model and educate on identifying emotions and healthy ways to express feelings.
- Staff will provide learning experiences to raise awareness and understanding on Good Touch/Bad Touch.
- Staff will model and educate on pedestrian safety.
- Staff will implement, model, and discuss fire, tornado, and lock down drills.
- Staff will implement, model, and discuss bus evacuation drills in all site that utilize bussing services.
- Staff will model and teach routine hygiene practices.
- Staff will educate on the importance of regular medical and dental care.
- Staff will implement learning experiences to encourage a level of comfort and knowledge in what happens at the hospital, clinic, and dental office.
- Staff will ensure smoke free environments during all Head Start events.
- Staff will offer a variety of healthy foods and discuss good nutrition.
- When appropriate, staff will include children in the preparation and serving of foods.
- Staff will discuss food safety as deemed appropriate.
- Staff will plan, model, and teach physical activity in the daily routine indoors and outdoors. If weather does not permit safe outdoor play time, this time will be replaced with indoor large motor play.

This policy complies with Head Start Performance Standard
45 CFR Section 1304.40, 1304.21

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