

Healthy Choices[®] Program Overview

Community Action		Services		School Environment	
List of community organizations, including Prevention Services that sponsor events and activities to actively engage schools in promoting health. Information is also included about involving parents as an important school-community partner.		List of local and provincial organizations that provide health services for children, youth and families and classroom resources and services for teachers.		Activities are initiatives that take place over one day; projects are initiatives that take place over a longer period of time (generally one week to several months). Activities <ul style="list-style-type: none"> ◆ Booster Day ◆ Get Up and Go Games ◆ Go Green ◆ Love Your Heart ◆ Random Acts of Kindness Day ◆ Twin Day 	
Classroom Resources					
K	1	2	3	4	5
<ul style="list-style-type: none"> ◆ Growing a Healthy Body ◆ Making a Rainbow ◆ Let's Talk Teeth ◆ Sneezes and Coughs 	<ul style="list-style-type: none"> ◆ Eating Well, Being Active and Feeling Good ◆ Teeth at Work ◆ Preventing Colds and Flus 	<ul style="list-style-type: none"> ◆ Healthy Food for Your Body and Teeth ◆ Preventing Head Lice ◆ Do Bugs Need Drugs? 	<ul style="list-style-type: none"> ◆ There's a Rainbow on Your Plate ◆ Preventing Tooth Decay ◆ Preventing Infectious Diseases 	<ul style="list-style-type: none"> ◆ My Food Guide ◆ My Food Choices ◆ Physical Activity for Everyday Fun ◆ Healthy Friendships ◆ What's in a Name? ◆ Growing and Changing ◆ Types of Diseases 	<ul style="list-style-type: none"> ◆ A Healthy You ◆ The Food Guide: Nutrients for Health ◆ Nutrition Stations ◆ Positive Relationships ◆ Media Kids ◆ Making Decisions ◆ Puberty Changes ◆ Communicable Diseases

Healthy Choices[®] Program Overview

Community Action	Services	School Environment		
List of community organizations, including Prevention Services that sponsor events and activities to actively engage schools in promoting health. Information is also included about involving parents as an important school-community partner.	List of local and provincial organizations that provide health services for children, youth and families and classroom resources and services for teachers.	<p>Activities are initiatives that take place over one day; projects are initiatives that take place over a longer period of time (generally one week to several months).</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Activities <ul style="list-style-type: none"> ◆ Friendship Dance ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Random Acts of Kindness Day ◆ 10,000 Steps </td> <td style="width: 50%; vertical-align: top;"> Projects <ul style="list-style-type: none"> ◆ Makeover Madness </td> </tr> </table>	Activities <ul style="list-style-type: none"> ◆ Friendship Dance ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Random Acts of Kindness Day ◆ 10,000 Steps 	Projects <ul style="list-style-type: none"> ◆ Makeover Madness
Activities <ul style="list-style-type: none"> ◆ Friendship Dance ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Random Acts of Kindness Day ◆ 10,000 Steps 	Projects <ul style="list-style-type: none"> ◆ Makeover Madness 			
Classroom Resources				
6	7	8		
<ul style="list-style-type: none"> ◆ Healthy and Well ◆ Influences on Eating ◆ Sizing Up Servings ◆ Genetics, Body Types and Beauty ◆ Problem Relationships ◆ The Influence of Peers ◆ Reproductive Systems ◆ Life-Threatening Communicable Diseases ◆ Keeping Babies Safe 	<ul style="list-style-type: none"> ◆ Changes and Challenges ◆ Redefining Cool ◆ Eating for Adolescence ◆ The 90:90 Challenge ◆ Pressure and Conflict ◆ Staying Safe ◆ Human Reproduction ◆ Preventing HIV/AIDS 	<ul style="list-style-type: none"> ◆ Wellness ◆ The Influences of Advertising on Eating Habits ◆ Nutrition for a Healthy Body ◆ Evolving Relationships ◆ Sexual Decisions ◆ Choosing Abstinence ◆ Under the Influence ◆ Protect Yourself ◆ Celebrate Diversity 		

Healthy Choices[®] Program Overview

Community Action	Services	School Environment		
List of community organizations, including Prevention Services that sponsor events and activities to actively engage schools in promoting health. Information is also included about involving parents as an important school-community partner.	List of local and provincial organizations that provide health services for children, youth and families and classroom resources and services for teachers.	<p>Activities are initiatives that take place over one day; projects are initiatives that take place over a longer period of time (generally one week to several months).</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Activities <ul style="list-style-type: none"> ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Relationship Dance ◆ 10,000 Steps </td> <td style="width: 50%; vertical-align: top;"> Projects <ul style="list-style-type: none"> ◆ Film Fest ◆ Love Safely Week ◆ Makeover Madness </td> </tr> </table>	Activities <ul style="list-style-type: none"> ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Relationship Dance ◆ 10,000 Steps 	Projects <ul style="list-style-type: none"> ◆ Film Fest ◆ Love Safely Week ◆ Makeover Madness
Activities <ul style="list-style-type: none"> ◆ Get Up and Go Games ◆ Graffiti Wall ◆ Relationship Dance ◆ 10,000 Steps 	Projects <ul style="list-style-type: none"> ◆ Film Fest ◆ Love Safely Week ◆ Makeover Madness 			
Classroom Resources				
9	10	11/12		
<ul style="list-style-type: none"> ◆ The Wellness Wheel ◆ Re-think Your Drink ◆ Reaching Your Personal Potential ◆ Dating Relationships ◆ Unhealthy Relationships ◆ Ready or Not ◆ Sexually Transmitted Infections ◆ Safer Sex Practices 	<ul style="list-style-type: none"> ◆ Supporting Wellness ◆ Web Savvy ◆ Shop Smart ◆ Relationship Evaluation ◆ Am I Ready? ◆ Negotiating Safer Sex ◆ Pregnancy Options ◆ Reproductive Health Practices ◆ Some of Us Are Different 	<ul style="list-style-type: none"> ◆ Wheels of Choice: Nutrition, Sexual Health, Communicable Diseases ◆ Growing a Healthy Baby 		