

# Health & Safety Awareness Month!!

**Become proactive in your approach to Health and Safety!  
Put into practice new Health and Safety techniques, tips, and activities each week.**

***Kick off Health and Safety Awareness Month at your next staff meeting.  
Follow activities and talking points on the staff meeting agenda, which will be  
included in your materials. Then...***

## **Week 1: Health Practices**

- Monday morning, distribute resource articles and handouts listed on the week 1 overview sheet. By Friday staff will submit to the director one main idea from the article that stood out.  
**Review and/or post appropriate resources to serve as visual reminders.**
- During the week, children will use paint and their imaginations to create hand washing posters, which should be hung near soap dispensers for a reminder to wash those germs away!

## **Week 2: Safety Practices**

- Monday morning, distribute resource article listed on the week 2 overview sheet. By Friday staff will submit to the director one main idea from the article that stood out.
- On Monday distribute the Health and Safety Checklist to each staff member. This checklist, or one already in place, should be completed this week and continued on a monthly basis.
- Focus this week will be on practicing safe naptime routines. Each classroom with napping children will cut a piece of nylon rope 36" (best practice) and also mark it at 24" (minimum) to use for appropriate naptime spacing. Quiet Bins will be assembled and used for those children who do not sleep during naptime.

## **Week 3: Nutrition**

- Monday morning, distribute resource article and poster listed on the week 3 overview sheet. By Friday staff will submit to the director one main idea from the article that stood out.
- On Monday distribute the Nutrition Checklist to each staff member. This checklist should be completed this week and could be used on a monthly basis.
- This week, teachers will research or invent their own healthy snack to make with the children. Take pictures and create a documentation board to show off those healthy choices!

## **Week 4: Physical Activity**

- Monday morning, distribute resource article and poster listed on the week 4 overview sheet. By Friday staff will submit to the director one main idea from the article that stood out.
- On Monday distribute the Physical Activity Checklist to each staff member. This checklist should be completed this week and could be used on a monthly basis.
- Gear up to get moving this week! Teachers will watch a brief video targeted for their age group to inspire creativity for increasing movement. They will then implement their own Motion Movements in the classroom.

❖ To receive a Professional Growth & Development certificate for each staff member who participated in the month long activities, the director/owner must complete a brief survey at the conclusion of the month. You must list each staff member's name in the space provided along with your email address so that certificates can be sent to you.