











## Hebron Public Schools - Health Curriculum Snapshot

September	October	November	December	January	February	March	April	May	June
<b>My Safety</b>	<b>My Senses &amp; Body</b>	<b>My Healthy Eating</b>	<b>Myself and My community</b>	<b>My Thoughts and Feelings</b>	<b>My Wellness Inside and Out</b>	<b>My Healthy Decisions</b>	<b>My Immune System</b>	<b>My Environment</b>	<b>My Fitness</b>
<i>Safety and Injury Prevention</i> (1, 3, 4, 5)	<i>Body Wellness</i> (1, 4, 5, 6, 7)	<i>Nutrition, Healthy eating, and Physical activity</i> (1, 3, 5, 7)	<i>Drugs, Alcohol, Healthy Relationships</i> (1, 2, 4, 5, 7)	<i>Mental and Emotional Health</i> (1, 4, 5, 6, 7)	<i>Wellness, Disease Prevention, Healthy Relationships</i> (1, 3, 4, 5, 7)	<i>Healthy Habits, Drugs, and Alcohol</i> (1, 2, 4, 5, 7)	<i>Wellness and Disease Prevention</i> (1, 3, 7)	<i>Body and Wellness, the community</i> (1, 3, 4, 5, 7)	<i>Physical activity, exercise, healthy eating</i> (1, 4, 5, 6, 7)
									

\*Please direct any questions to one of our building principals or Director of Educational services\*

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