

SAN ACADEMY

HEALTH, HYGIENE & SAFETY CLUB

JANUARY

GRADE III - V

DEAR PARENTS, GREETINGS FROM SAN ACADEMY!

WE AT SAN ACADEMY, CREATE A WELCOMING AND EXCITING LEARNING ENVIRONMENT BY DEVELOPING THE ATTITUDE AND SKILLS THAT SUPPORT HEALTHY AND FULFILLED LIFE WITH THE CONFIDENCE FOR LIFETIME OF LEARNING. WE SUPPORT PERSONAL DEVELOPMENT, SOCIAL RESPONSIBILITY, SENSE OF SELF-WORTH AND PROMOTE A "CAN DO" ATTITUDE AND INSPIRE EACH TO ACHIEVE THEIR BEST. CLUB ACTIVITIES AIMS TO KEEP THE CHILDREN UPDATED ON ALL THE ACTIVITIES PLANNED FOR THE MONTH AHEAD. WE PROVIDE DIFFERENT ACTIVITIES FOR OUR STUDENTS TO EQUIP THEM WITH HOLISTIC EDUCATION BY BALANCING ACADEMICS WITH EXTRACURRICULAR ACTIVITIES AND TO DEVELOP SOCIAL SKILLS. SCHOOL CLUBS LET STUDENTS DISCOVER THE VALUE OF UNITY, LET THE STUDENTS LEARN FROM THEIR PEERS, LET THE STUDENTS LEARN TO RESPECT ANOTHER PERSON'S VIEWPOINT. SCHOOL CLUBS PROVIDE PLENTY OF OPPORTUNITIES FOR STUDENTS TO TAKE ON LEADERSHIP ROLES AND SHOW OFF THEIR TALENTS THROUGH CLUB ACTIVITIES.

SUGGESTIONS

AS PARENTS, IF YOU HAVE ANY FEEDBACK OR QUERIES, DO FEEL FREE TO DROP IN YOUR SUGGESTIONS AT BN. LISTENING TO YOUR FEEDBACK MAKES US FEEL MORE INVOLVED AS A PART OF THE VALUE ADDITION PROCESS.

MS. R. ARCHANA,
MANAGING DIRECTOR.





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WHAT IS THE HEALTH, HYGIENE & SAFETY CLUB?



THE HEALTH, HYGIENE & SAFETY CLUB AIMS TO HELP STUDENTS UNDERSTAND THE IMPORTANCE OF STAYING HEALTHY, MAINTAINING CLEANLINESS, AND FOLLOWING SAFETY RULES IN DAILY LIFE.

THROUGH INTERACTIVE ACTIVITIES, DISCUSSIONS, AND DEMONSTRATIONS, STUDENTS LEARN HOW SIMPLE HABITS LIKE WASHING HANDS, EATING NUTRITIOUS FOOD, AND FOLLOWING SAFETY GUIDELINES PROTECT THEIR WELL-BEING.

THE CLUB FOCUSES ON BUILDING AWARENESS, RESPONSIBILITY, AND CONFIDENCE.

CHILDREN EXPLORE REAL-LIFE SITUATIONS, UNDERSTAND CAUSE-AND-EFFECT, AND LEARN TO MAKE SAFE AND HEALTHY CHOICES.

THE ACTIVITIES ENCOURAGE TEAMWORK, CRITICAL THINKING, AND LIFELONG HEALTHY HABITS.

THE GOAL IS TO EMPOWER STUDENTS TO LEAD HYGIENIC, SAFE, AND ACTIVE LIVES — BOTH INSIDE AND OUTSIDE SCHOOL!





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DAY - 1 : INTRODUCTION



THE SESSION BEGINS WITH AN INTERACTIVE TALK ON WHAT "HEALTH," "HYGIENE," AND "SAFETY" MEAN IN EVERYDAY LIFE.

THE TEACHER EXPLAINS USING RELATABLE EXAMPLES — HANDLING FOOD PROPERLY, KEEPING SURROUNDINGS CLEAN, AND FOLLOWING ROAD SAFETY RULES.



A SHORT VIDEO IS SHOWN TO HELP STUDENTS UNDERSTAND HOW GERMS SPREAD AND HOW GOOD HABITS PREVENT ILLNESSES.

STUDENTS THEN DISCUSS HYGIENE MISTAKES THEY NOTICE AT HOME OR SCHOOL AND SUGGEST BETTER CHOICES.

FINALLY, A QUICK ACTIVITY LIKE "HEALTHY OR NOT?" IS PLAYED WHERE STUDENTS WILL DISCUSS WITH THE TEAM AND IDENTIFY GOOD VS POOR HABITS FROM PICTURE CARDS.

MATERIALS REQUIRED: NIL





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DAY - 2 : THINK SMART - WHAT IF WE DON'T FOLLOW HYGIENE?

THIS SESSION USES THOUGHT-PROVOKING "WHAT IF" QUESTIONS TO HELP STUDENTS THINK CRITICALLY ABOUT HYGIENE AND SAFETY. QUESTIONS INCLUDE:

"WHAT IF NOBODY WASHED THEIR HANDS FOR A WHOLE DAY?"

"WHAT IF WE DIDN'T FOLLOW TRAFFIC RULES?"

"WHAT IF WE ATE ONLY JUNK FOOD FOR A WEEK?"

STUDENTS AS A TEAM SHARE IDEAS, DISCUSS CONSEQUENCES, AND UNDERSTAND THE IMPORTANCE OF DISCIPLINE AND SELF-CARE. THIS ACTIVITY STRENGTHENS LOGICAL THINKING, AWARENESS, AND REAL-WORLD UNDERSTANDING.

MATERIALS REQUIRED: NIL





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DAY 3 — "FIRST AID AWARENESS — HELPING HANDS"

IN THIS FINAL SESSION, STUDENTS LEARN THE IMPORTANCE OF BASIC FIRST AID AND HOW SIMPLE ACTIONS CAN PREVENT INJURIES FROM BECOMING SERIOUS. THE TEACHER SHOWS PICTURES OR A SHORT DEMONSTRATION OF:

- ✓ HOW TO CLEAN A SMALL CUT
- ✓ HOW TO APPLY A BANDAGE
- ✓ WHAT TO DO IF SOMEONE GETS A MINOR BURN
- ✓ WHAT NOT TO DO IN AN EMERGENCY
- ✓ WHEN TO CALL AN ADULT FOR HELP

STUDENTS THEN PARTICIPATE IN A FUN "SAFETY ROLE-PLAY," WHERE THEY ACT OUT SITUATIONS LIKE:

- ⚠ A FRIEND FALLS WHILE RUNNING
- ⚠ SOMEONE TOUCHES A HOT OBJECT
- ⚠ A CLASSMATE GETS A SCRAPE ON THE KNEE

THEY DISCUSS WHAT THE CORRECT RESPONSE SHOULD BE AND LEARN THE SAFETY RULE: STOP - THINK - GET HELP.

THIS ACTIVITY TEACHES CHILDREN PRESENCE OF MIND, RESPONSIBILITY, AND SAFE CHOICES IN EVERYDAY LIFE.

MATERIALS REQUIRED:

BAND-AIDS

COTTON

MOCK BANDAGE / CREPE BANDAGE

CHART SHOWING BASIC FIRST AID STEPS





HEALTHY HABITS & HYGIENE CLUB



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INTRA COMPETITION – “SAFETY SUPERHERO DAY!”

STUDENTS CREATE THEIR OWN SAFETY SUPERHERO WITH A NAME, POWERS, AND PURPOSE.

EXAMPLE:

“CAPTAIN SEATBELT” REMINDS EVERYONE TO WEAR SEATBELTS

“FIRE SAVER GIRL” WARNS WHEN SOMETHING IS TOO HOT

STUDENTS PRESENT:

NAME OF SUPERHERO

WHAT DANGER THEY PROTECT PEOPLE FROM

WHY SAFETY MATTERS

JUDGING CRITERIA:

- ✓ CREATIVITY & ORIGINALITY
- ✓ UNDERSTANDING OF SAFETY CONCEPT
- ✓ PRESENTATION & CONFIDENCE
- ✓ NEATNESS & EFFORT

MATERIALS REQUIRED: DRAWING SHEET, COLOURS

