

Food Fun Fitness

Health Day

ECE - K

2 hours

Safe N' Smart Kids Health Day is an interactive program that introduces young students to the importance of establishing and maintaining healthy lifestyles. It is an innovative project involving physicians and/or medical students, preschool teachers and parents as partners in education. Students participate in these activities:

- Using the colors of the rainbow, students learn about eating foods from all the colors of the rainbow. Presenters review food colors - students identify foods of each color - meats, grains, fruits, and vegetables.
- Hand washing - using glo-germ products and a black light students see the pretend "germs." Then they wash their hands while singing a hand-washing song to "row, row, row your boat."
- Teeth brushing - children apply a disclosing solution to see the plaque, then brush their teeth to remove plaque. Brushing techniques are taught.
- A Healthy Snack - is created when students color/cut/paste foods onto a paper placemat.

Exercise: on good weather days students play games outside with presenter. If not, students exercise indoors to Hap Palmer exercising tapes for children.

Students rotate through the activities in small groups of 6-7. Parent component: a take home newsletter. Each child who records his/her healthy habits for one week receives a backpack with badges. Teachers must be present and willing to assist with program, and agree to complete a program evaluation survey within 2-3 weeks.

Skills On Wheels

Skills On Wheels

3rd - 5th grade

1 hour presentation + 1 hour skills course depending on the number of students.

This program is a hand's on introduction to bicycle skills training. The first hour students learn about the "rules of the road." Using a Power Point presentation certified bicycle skills coaches walk the student through:

- Basic rules of safety
- Making turns from the proper lanes
- Using hand signals
- Head injury
- Proper equipment
- Basic bicycle maintenance

Following the presentation, students demonstrate their skills on a course outside the school. Students are given individual attention on the course. They practice making tight turns, weaving through cones, hand signals and are tested on what they learned in the class work activities.

Each student receives a "Ride Right" wrist bracelet and a take home skills training manual to work on at home with their parents.



CHILDREN'S PROGRAMS

All of the DOF health and safety program materials are offered in English and Spanish, however, not all our presenters speak Spanish. Therefore, it is necessary to add some time (30 minutes) and the assistance of the teacher to ensure translation for Spanish only speaking students.

Burn Prevention Program

Fire Safety - ECE - 2nd grade

60 minutes

Using a model house firefighters talk to students about potential fire hazards in the home. This safety program covers the following:

- Students practice crawling low under smoke.
- They learn to get out and stay out.
- Students learn the difference between adult tools and children's toys.
- Practice calling 911 on a simulator.
- Each child will receive a Dalmatian safety dog "zipper pull" to hang on their backpack or coat.
- Children will take home a newsletter about fire prevention and work with parents on an escape plan/meeting place.

Teachers keep a toolbox called "play-safe! be-safe!" which contains lesson plans, flash cards, a video, and story boards. Teachers conduct one of the activities. Evaluation of the program is measured by teacher satisfaction and how well the children remember the four concepts.

Buckle Up For Love

ECE - 2nd grade

30 minutes



This interactive program focuses on car seat safety using age-appropriate classroom activities:

- Students learn that it is important for them to sit in a car/booster seat and for them to ride in the back seat.
- Presenter talks about air bags and sitting in the back seat.
- Height measurements are taken for each child, and the presenter takes their picture in the "Little Red Car" which they will be able to take home.
- Students watch a video while individual pictures are being taken.
- Each child will receive a Buckle Up For Love safety bear "zipper pull" to hang on their backpack or coat.
- Children take home a newsletter on car/booster seat safety & Colorado's child passenger safety law.

Teachers must be willing to complete a short program evaluation survey (6 questions).

Stop, Look, Listen Pedestrian Safety

ECE - 2nd grade - 30 minutes

This interactive program focuses on pedestrian safety using age-appropriate classroom activities:

- Students learn the steps (stop, look, listen, before crossing the street) by means of sequencing activities and games.
- Using a story board presenters review traffic scenarios in front of school and at home.
- Each child will receive a safety tiger "zipper pull" to hang on their backpack or coat.
- Children take home a newsletter on pedestrian safety for parents.

Teachers must be present and willing to assist with the programs, and complete a short program evaluation survey (6 questions).

Tested Quality Programs

The Denver Osteopathic Foundation has been working in metro Denver elementary schools for seventeen (17) years. Our programs have been evaluated and rated as "Excellent" by teachers in the Denver Public School District. The DOF health and safety programs are designed to meet the Colorado Standards for Education in this age group. Children learn from story boards, students practice rhymes and songs to help them remember concepts, and literally exercise and wash their hands.

Our program presenters are off-duty firefighters and paramedics who have been selected and trained. Health Day presenters are medical professionals (medical students, physicians, pre-dental students and paramedics). They conduct programs that are age appropriate, interactive and fun for the children.

