

Module 6: Community Health

Topic 2 Content: Areas of School Health

Introduction

Areas of School Health

Introduction



There are several areas in the school system that focus on health. Click on each segment to learn about the areas that make up your school's level of health. Make sure to scroll down to read all of the information provided in each segment.

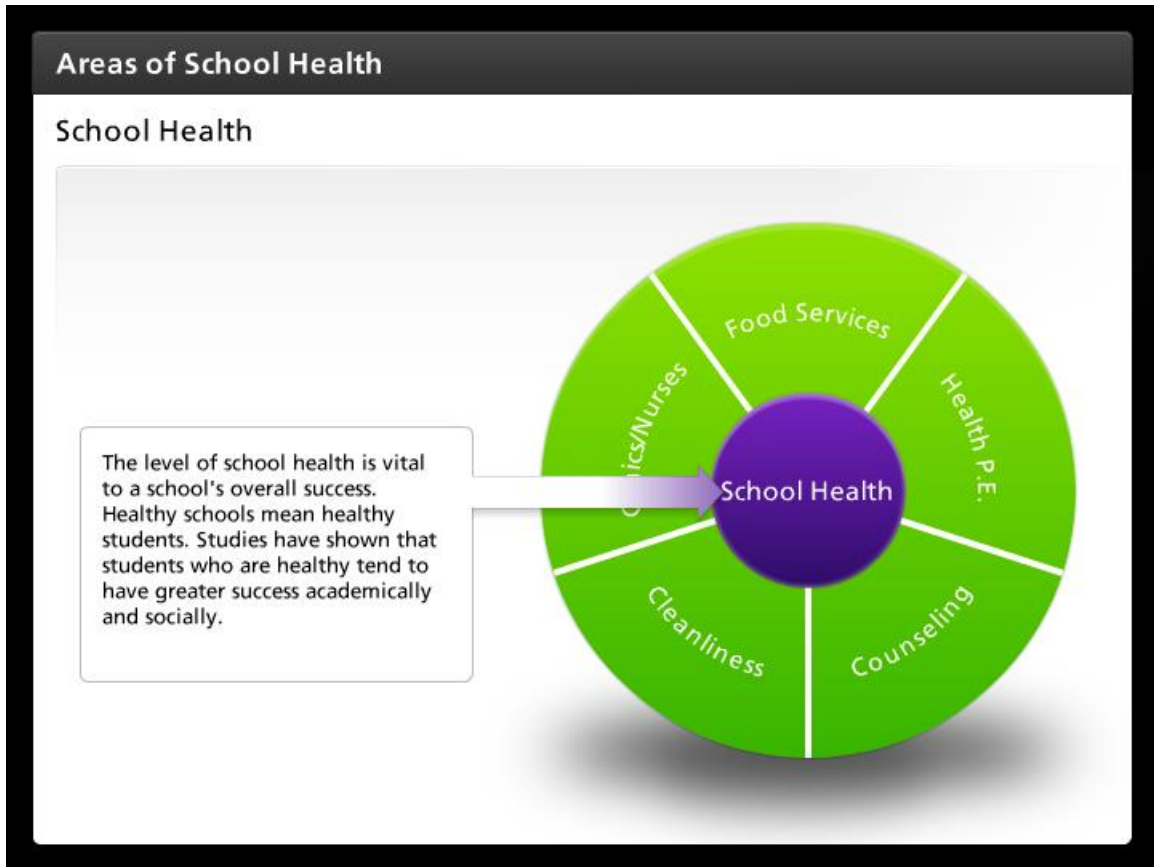


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School Health



The level of school health is vital to a school's overall success. Healthy schools mean healthy students. Studies have shown that students who are healthy tend to have greater success academically and socially.

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Cleanliness

Areas of School Health

Cleanliness

School cleanliness is very important to your overall health. Besides home, school is the place where most teenagers spend the majority of their time. Because there are many people from many homes in one place, students are easily exposed to many different microbes in a school setting.

Cleanliness is the degree in which a place is kept clean. School custodians are tasked with regularly cleaning and maintaining school facilities. If it were not for their hard work, you would probably have a higher risk of becoming ill from exposure to germs. Although it is the custodians' primary job to

The diagram is a circular chart with a central purple circle labeled 'School Health'. Surrounding this center are six green segments, each representing a different area of school health: 'Food Services' (top), 'Health P.E.' (top-right), 'Counseling' (bottom-right), 'Cleanliness' (bottom-left), 'Clinics/Nurses' (left), and 'Food Services' (top). A white arrow points from the 'Cleanliness' segment to a text box on the left side of the diagram.

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Cleanliness is the degree in which a place is kept clean. School custodians are tasked with regularly cleaning and maintaining school facilities. If it were not for their hard work, you would probably have a higher risk of becoming ill from exposure to germs. Although it is the custodians' primary job to keep the school clean, you can help by cleaning your own areas, such as your locker, book bag, and desk. You should also regularly wash your hands to prevent the spread of germs.

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Clinics/Nurses

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Clinics/Nurses

Does your school have a clinic? A school nurse is responsible for taking care of students who become ill or injured during school. Another important job for the school nurse is to promote learning by informing students and staff about safety and health-related issues. Such issues include the spread of communicable diseases, or diseases spread from one person to another through the environment, and how to maintain proper sanitary conditions. A school nurse provides health assessments by screening for vision, hearing, and growth deficits among the student population.

The diagram illustrates the components of school health. At the center is a purple circle labeled "School Health". Surrounding it are six green segments, each representing a different area: "Food Services" (top), "Health P.E." (top-right), "Counseling" (bottom-right), "Cleanliness" (bottom), "Clinics/Nurses" (bottom-left), and "Food Services" (top-left). A white arrow points from the text box on the left to the "Clinics/Nurses" segment.

Does your school have a clinic? A school nurse is responsible for taking care of students who become ill or injured during school. Another important job for the school nurse is to promote learning by informing students and staff about safety and health-related issues. Such issues include the spread of communicable diseases, or diseases spread from one person to another through the environment, and how to maintain proper sanitary conditions. A school nurse provides health assessments by screening for vision, hearing, and growth deficits among the student population.

School nurses are important for the level of school health because they provide care to the staff and students of the school. If you have questions about a health-related issue, you can ask your school nurse for information.

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Food Services

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Food Services

Proper nutrition is important to your overall health. It provides the nutrients, vitamins, and minerals that your body needs to grow and stay healthy. Studies have shown that by eating healthy and nutritious meals, students perform better not only physically but also academically and socially.

Public and private schools may participate in the National School Lunch and School Breakfast Programs in order to help ensure that students have access to affordable, nutritious meals. Participating schools receive cash subsidies and foods from the U.S. Department of Agriculture for each meal.

School Health

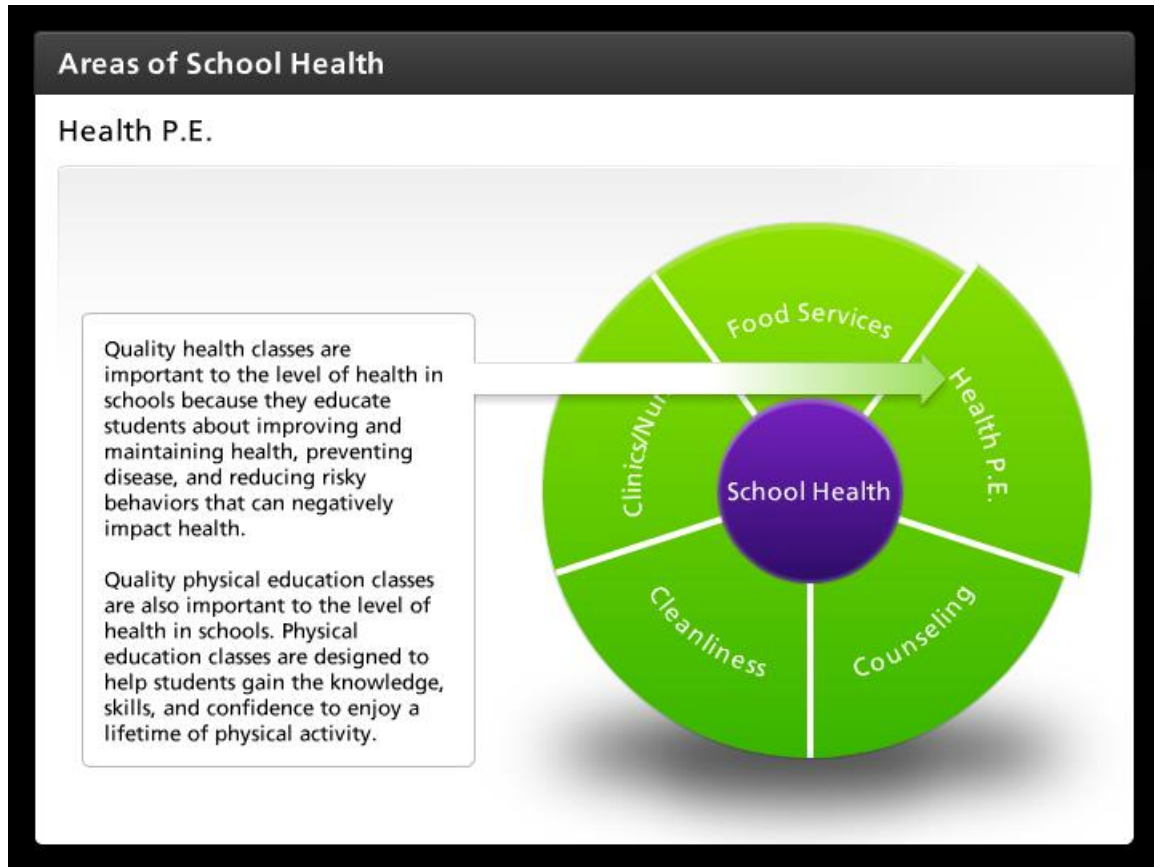
- Food Services
- Health P.E.
- Counseling
- Cleanliness
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Health P.E.



Quality health classes are important to the level of health in schools because they educate students about improving and maintaining health, preventing disease, and reducing risky behaviors that can negatively impact health.

Quality physical education classes are also important to the level of health in schools. Physical education classes are designed to help students gain the knowledge, skills, and confidence to enjoy a lifetime of physical activity.

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Counseling

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Counseling

Psychological health and emotional health are just as important as physical health because they are all connected. Therefore, it is important to have school counselors available in schools. School counselors are responsible for advising and guiding students in their education and career paths.

One of the most important jobs a school counselor has is providing counseling for students who are struggling with situations in their lives. Sometimes students feel overwhelmed by events that happen, and they need a trusted adult to talk to who can help them cope with their situations. School

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One of the most important jobs a school counselor has is providing counseling for students who are struggling with situations in their lives. Sometimes students feel overwhelmed by events that happen, and they need a trusted adult to talk to who can help them cope with their situations. School counselors can also connect students to local resources or agencies that can provide assistance.