



Home-School Links

Dear Parents/Guardians,

The aim of this lesson is to provide children with opportunities to learn about the importance of good personal hygiene. This may also provide an opportunity for the teacher and parents to use correct terminology for body parts. It is important that children learn the appropriate vocabulary for discussing aspects of life related to sexuality, growing up and their bodies' physical changes so that they can communicate confidently about themselves.

The following are suggested activities which you might like to undertake at home with your child:

Talk to your child about ways s/he can stay healthy in relation to:

- the food s/he eats - more fruit and vegetables, less sugar and fat;
- the exercise s/he takes - more walking, more cycling and a reasonable amount of television;
- good hygiene practice - care of skin, nails, teeth, hair, etc:

You might like to revise information which may have been given in class about Bacteria and Viruses:

Bacteria and Viruses are spread in the following ways:

Through the air - Bacteria can travel through the air. A sneeze can send millions of tiny microbes travelling through the air.

By Body Contact - Verrucae are passed on to people in this way.

In Food - Often bacteria are found in cooked and uncooked food. Cooking food well kills most harmful bacteria.

By Animals and Insects - Pets, rats and houseflies all carry bacteria.

Through Water - This is more of a problem in Third World countries where many people may have to use water straight from a well or river. The water isn't filtered like it is here.

Your might talk to your child about vaccinations and other measures to prevent the spread of diseases:

A vaccination is a special kind of injection. When you are vaccinated a tiny amount of the virus that causes the disease is injected into your body. Your body then makes the antibodies to fight the disease. You have been vaccinated against ...

Pets can spread diseases. Do not let them lick your face. Give them a separate bowl to eat from. Wash your hands after playing with them and after emptying litter trays.

Germs can enter the body through cuts and scratches. Keep them covered. 'Coughs and sneezes spread diseases'. Cover your mouth when you cough and use a handkerchief when you sneeze.

It is important to wash your hands, using soap and water, after you go to the toilet. Houseflies spread disease. Keep food covered.

How to take care of:

Feet

1. Wash and dry your feet very well every day, especially between the toes.
2. Change your socks every day.
3. Cut or file your nails to keep them short as long nails trap dirt and spread germs.
4. Cut your nails straight across to prevent them becoming ingrown.
5. Don't wear shoes that are too small as they may cramp and damage your toes.

Hair

1. Brush your hair daily to keep it tidy, make it shine and get rid of dead cells.
2. Wash it regularly-at least once a week but more often if it is greasy or oily.
3. Rinse all shampoo out of your hair as otherwise it makes hair dull looking and sticky.
4. Keep your hair tidy and if it is long tie it back when reading or writing to keep it out of your eyes.
5. Treat dandruff, lice or other hair problems promptly.

Dandruff comes from the dead skin cells on the scalp and is not caused by dirt. A special shampoo can be bought to help clear it. Brushing also helps as it sweeps out the cells as they die and new ones are generated. Dandruff can be related to general health and is sometimes caused by a deficiency in the diet.

Lice do not come from dirt and they love nice, clean heads of hair. Anyone can get them. The chemist sells a special lotion and shampoo and using these kills them. It is also necessary to buy a fine tooth comb to remove the dead lice and the nits (eggs).

Resource Materials for Relationships and Sexuality Education

Fourth Class Theme 7 Being Clean-Keeping Healthy

How to take care of:

Teeth:

1. Brush your teeth regularly, at least twice a day and after eating if possible.
2. Use a good toothbrush as brushing keeps gums healthy.
3. Avoid eating too much sweet food as sugar attacks teeth.
4. Have a regular dental check-up, as recommended by your dentist.
5. Don't bite hard nuts or sweets as this could break or chip your teeth.

Plaque Detection

The teacher explains that plaque is caused by bacteria which are ever-present in the mouth and it builds up constantly on the teeth. It cannot always be seen but there are disclosing tablets available from the Chemist which highlight the plaque when they are chewed. Children could ask their parents about getting some of these for use at home.

Hands

1. Wash your hands regularly, especially before eating, after going to the toilet, playing with pets, gardening, being at the rubbish-bin, etc.
2. Keep your fingernails short as dirt gathers under long nails.
3. Keep fingernails clean, using a nail brush or nail file.
4. Clean and cover cuts and grazes to prevent germs from entering your body.
5. Wear gardening gloves when weeding to protect your hands from thorns and germs.

Clothes

1. Change your socks and underwear daily.
2. Change out of your uniform after school and hang it up to keep it fresh and clean.
3. Put dirty clothes in the laundry basket to make housework easier.
4. Hang up your clothes when you take them off to prevent them from creasing.

Nose

1. Blow your nose when mucous gathers to prevent it from dripping.
2. Dispose of used tissues to prevent spreading bacteria.
3. Wash used handkerchiefs as soon as possible.
4. Cover coughs and sneezes as 'coughs and sneezes spread diseases'.
5. Never pick your nose because it can spread germs.

Ears

1. Wash your ears with water to keep them clean.
2. Dry them well to prevent rash or redness developing.
3. Don't put anything into your ears as you could perforate the eardrum. There is a wise saying- 'Put nothing smaller than your elbow into your ear.'
4. Dry your ears well after swimming to prevent them becoming waterlogged.
5. Always attend to pain in the ear as you may have an ear infection.

Whole Body

1. Wash all your body in a shower or bath, daily if possible but at least twice a week.
2. Wear light clothes in warm weather to keep cool and fresh.
3. Wear warm clothes in cold weather to stay warm and well.
4. Avoid injury to your head, limbs or organs. Keep yourself safe and well.
5. Eat fresh food, fruit and vegetables to keep yourself healthy.
6. Exercise regularly.