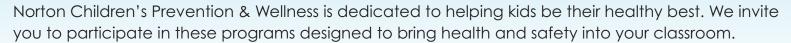
Helping Your Students

Stay Healthy and Safe



Safety City field trip

SECOND-GRADE STUDENTS learn about traffic safety, fire safety and injury prevention during a half-day field trip to Bates Elementary School in Louisville, Kentucky. Children use what they



learned in the classroom as they drive around a miniature town called Safety City, navigating a railroad crossing, school bus, traffic lights, stop signs and more. To learn more and register your class, scan the **QR code** or click **this link**.

Classroom learning

Building Healthy Superheroes

This fun, interactive virtual field trip is designed for

KINDERGARTEN STUDENTS. The program teaches healthy and safe lifestyle choices, including the importance of eating fruits and vegetables, limiting screen time, being active, using a booster seat, wearing a helmet and crawling low through smoke in the event



of a fire. At the conclusion of the class, students graduate as a healthy superhero and receive a cape. Teachers receive a toolkit and resources to lead the program for their class. To learn more and register your class, scan the **QR code** or visit **this link**.

Stop the Bleed

Students in **NINTH TO 12TH GRADE** learn techniques to effectively control bleeding in the event of an emergency, including how to apply pressure, pack a wound and apply a tourniquet. For more details and to schedule a class, email **NCPW@nortonhealthcare.org**.

After-school and summertime classes

Safe Sitter Essentials

This class prepares **STUDENTS IN GRADES 6 TO 8** to be safe when they're home alone, watching younger siblings or babysitting. Filled with fun games and role-playing exercises, students learn safety skills, child care skills, first aid, and life and business skills. There is a \$30 fee for this class.

Growing Cooks

These cooking classes are for **TEENS AGES 14 AND OLDER**. Participants learn how to cook healthy recipes and get tips on kitchen safety, health and wellness. Parents and guardians are encouraged to attend.

Snack and Play

This one-hour class for kids in **KINDERGARTEN TO FIFTH GRADE** teaches how to eat well and stay active. Kids take part in simple active play, learn how to assemble easy-to-make healthy snacks, and learn healthy habits. To learn more about these classes, email **NCPW@nortonhealthcare.org**.

More opportunities to learn

For additional classroom wellness opportunities, scan the **QR code** or visit **this link**.



