

# Helping Your Students

# Stay Healthy and Safe



Norton Children's Prevention & Wellness is dedicated to helping kids be their healthy best. We invite you to participate in these programs designed to bring health and safety into your classroom.

## 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](mailto: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](mailto:NCPW@nortonhealthcare.org).

## More opportunities to learn

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



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