

March 2017

Dear Families,

Throughout the winter, preschoolers and kindergarteners have been busy in health class learning more about how their bodies work. Using a variety of games, crafts, visual aids, videos, and group discussions, we explored what our bones, muscles, and lungs do and how we can keep them healthy.

During our bone unit, students learned the important role that bones play in holding up our bodies and protecting organs like our heart and lungs. After learning about the skeleton and broken bones, we discussed how to keep our bones healthy by eating plenty of calcium-rich foods like milk, cheese, yogurt, green vegetables, and almonds.

Our study of muscles focused on how muscles allow our bones to move and even help us smile and digest food. Students learned that our heart is a muscle that pumps blood throughout the body. They practiced finding their own heart rate and noted how much it changed after they exercised. We also used paper cup “stethoscopes” to hear each other’s heartbeat and learned about the importance of regular exercise and nutritious food to keep our hearts healthy. Special emphasis was placed on eating protein foods like poultry, meat, eggs, beans, or nuts each day to build muscles and keep them strong.

Our lung unit introduced students to the idea that the lungs and heart work together to take in air and distribute oxygen to the whole body through the blood. Focusing on the distinction between healthy and hurting lungs, students explored how fresh air, plenty of exercise, and rest help our lungs while breathing in polluted air or any type of smoke can be harmful.

Students showed great enthusiasm for learning about how their bodies work this term. They were a joy to teach and I encourage you to ask them more about what they are learning in health so that they can share their knowledge and excitement with you! I look forward to continuing our explorations of health throughout the spring. As always, please don’t hesitate to share your questions, concerns, or ideas with me.



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