

Grade 8

Health and  
Physical  
Education

Unit 6



6. Let us make our school  
environment healthy

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## Health Promotion

Health promotion is the process of enabling people to improve their health by gaining control over factors affecting health.

## School Health Promotion

School health promotion help school children to promote the health of the school and the society they live in by helping them to influence and control factors which affect health.



## Physical environment

- Clean air
- Clean, safe drink water
- Clean class rooms
- Clean surroundings
- Adequate and clean toilet facilities



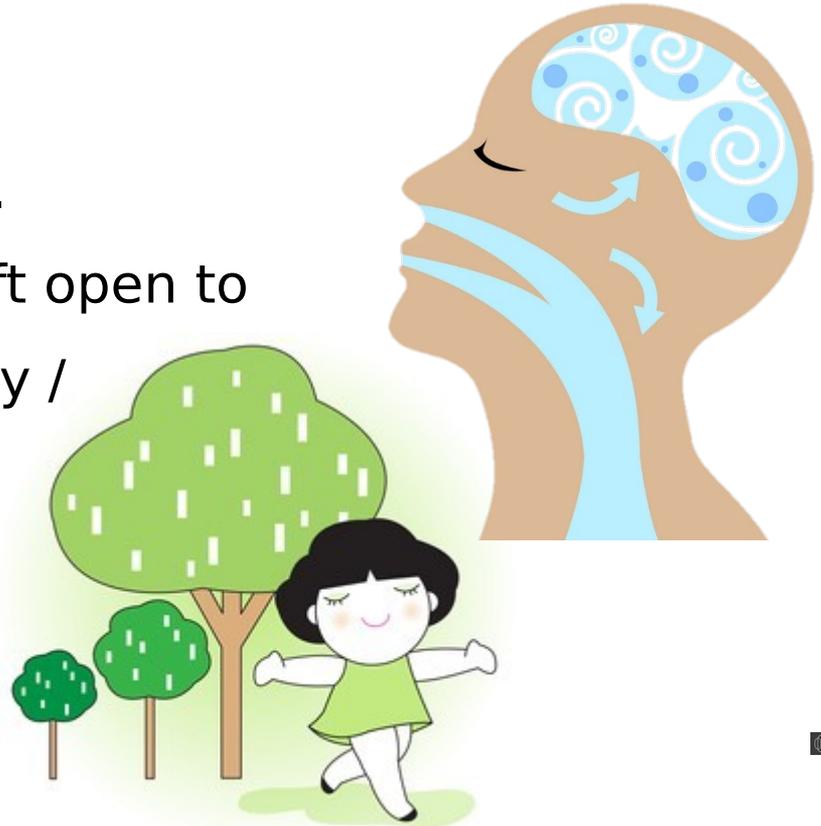
## Psychological and Social environment

- Safety
- Providing counselling services
- Ensuring equal treatment for all
- Opportunities for team work

# Physical Environment

## Clean Air

- Abundance of oxygenated areas.
- Doors and windows should be left open to allow ventilation to the laboratory / classrooms.
- Surrounding trees and leaves.
- Having a gap between buildings.



## Clean Surroundings

- Existence of cleaning methods.
- Existence of waste disposal methods.
- Existence of maintenance methods.



## Attractiveness

- Landscaping.
- Preparing directions and routes.
- Naming of places.
- Home gardening and floriculture.
- Preparation of water pools etc.



## Clean classrooms

- Presence of cleanliness and cleaning methods.
- Having order and orderliness.
- Presence of bins and disposal methods.



## Adequate and clean toilet facilities

- Adequacy according to the number of students.(one toilet for 50 students)
- Sufficiency in terms of gender.
- Availability of water facilities.
- Existence of methods of disposing of unclean sanitary



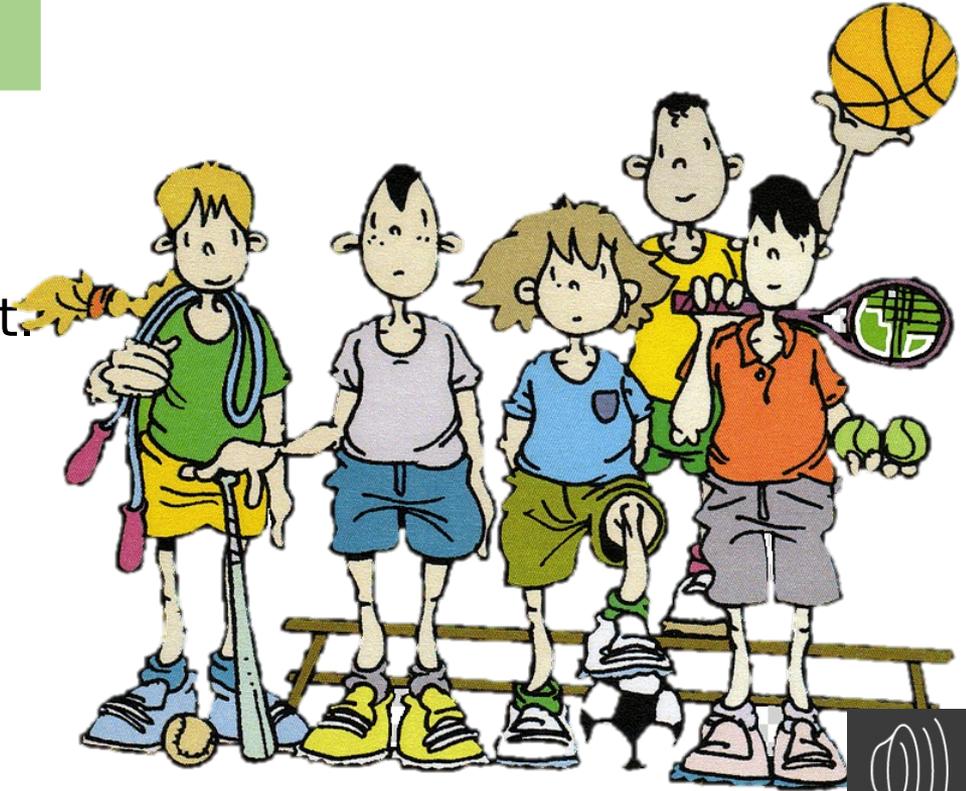
## Healthy and clean canteen

- Having been set up in a suitable place.
- Having adequate space.
- Availability of water facilities.
- Food and premises should be in good hygiene.
- Food should be of proper



## Sports facilities

- Existence of a playground.
- Presence of sports equipment.
- Allocating time for games.
- Accidents should be minimized.
- Planting shady trees around the playground.



## Safe environment

- Having a safety fence.
- Safe way to enter the school.
- No risk of damage to roofs, buildings, walls, tree branches etc



# Psychological and Social environment Safety

- An environment free of bullying , abuse , arguments , fights and physical punishment.
- Teachers provide love and care.
- Obey rules and behave appropriately.



## Providing counselling services

- Having a separate place.
- Being faithful.
- Ability to discuss issues.
- Acceptance.
- Ability to obtain the service at anytime.



## Opportunities for team work

- Getting to know each other.
- Listening and respecting the ideas of others.
- Identifying the wishes, ideas, feelings and behaviours of different types of people.



## Learning to appreciate others

- Prizes , trophies and certificates are awarded for special achievements.
- Appreciate the success of others and follow their examples.
- Thank people when they help you and help others in return.



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Part (i)



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