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Health

Quarter 2 – Module 1: The Healthy School and Community Environments



Health – Grade 6
Alternative Delivery Mode
Quarter 2 – Module 1: The Healthy School and Community Environments
First Edition, 2020

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Health

**Quarter 2 – Module 1:
The Healthy School and
Community Environments**

Introductory Message

Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to describe healthy school and community environments.

The module consists of one lesson only.

- Lesson 1 – Healthy School and Community Environments

After going through this module, you are expected to describe healthy school and community environments (**H6CMH-IIa-1**).



What I Know

Directions: Write **True** if it describes a characteristic of a healthy school and community environments and **False** if it does not. Do it on a separate sheet of paper.

- _____ 1. Free from harm environment
- _____ 2. Conducive learning environment
- _____ 3. An environment free from discrimination
- _____ 4. Polluted water source
- _____ 5. Promotes social harmony
- _____ 6. Participates in identifying solutions to community problems
- _____ 7. Scarcity of community resources
- _____ 8. Not enough space for children to play and move freely
- _____ 9. Aesthetically pleasing environment
- _____ 10. Available community health services and facilities

Lesson 1	Healthy School and Community Environments
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Schools play a vital role in developing the children’s mind. A healthy school learning environment can help improve the academic performance of the learners.

Living in a healthy community is what human being needs. Having a healthy lifestyle are the priorities amongst families nowadays. Being healthy is the new trend. People become more aware of living a healthy life. A healthy community makes people well and happy.



What’s In

Directions: Identify at least five (5) words relating to healthy school and community environments whether arranged vertically or horizontally. Do it on a separate sheet of paper

S	S	X	D	Y	N	E	C	O	W	O	G	I	F	T	E
G	E	R	O	C	L	E	A	N	G	I	V	H	W	S	E
S	F	H	H	J	K	L	O	W	E	R	T	E	I	O	A
A	T	S	E	E	N	E	U	R	O	L	O	A	I	S	T
C	O	N	D	U	C	I	V	E	L	Y	G	L	S	T	F
A	X	S	H	A	L	V	O	A	O	G	X	T	Q	T	F
Z	O	T	R	E	W	W	B	G	H	J	B	H	N	E	G
F	D	E	T	R	W	G	S	W	C	V	B	Y	S	W	H
V	I	D	T	D	S	D	T	W	S	U	R	S	E	O	N
S	A	S	F	P	E	A	C	E	F	U	L	C	H	J	J
A	T	C	V	T	D	A	T	P	O	I	U	H	G	F	Y
F	R	C	B	N	E	P	R	R	O	L	O	O	I	S	T
E	I	E	V	E	F	G	I	J	F	O	A	O	Z	C	N
I	S	S	C	F	G	E	C	R	T	B	L	L	T	Y	U
S	T	R	G	H	J	K	I	W	S	X	C	L	E	S	R
T	P	S	R	C	H	I	Q	T	R	I	Z	T	E	R	S
H	A	R	M	L	E	S	S	S	D	F	F	G	R	E	E
F	T	Y	C	E	D	U	A	T	R	R	C	I	E	N	V



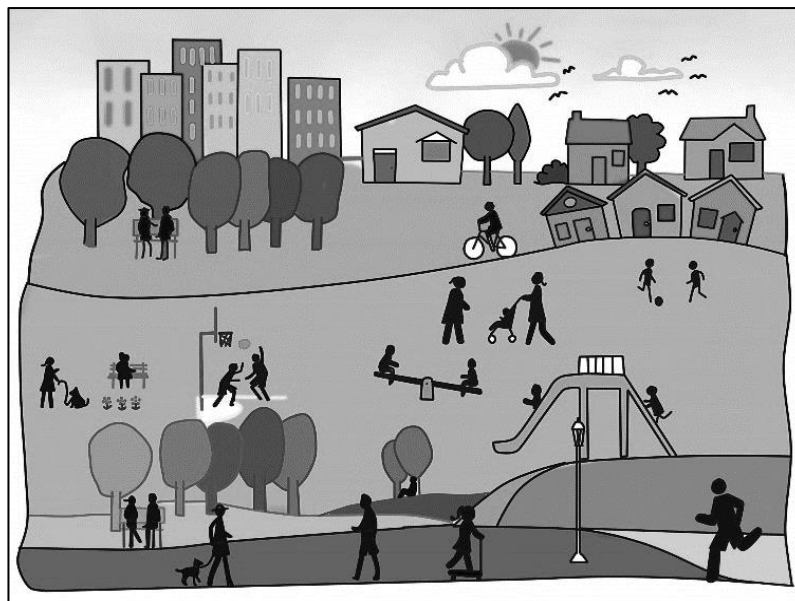
What's New

Look at the pictures below. How will you describe Picture A? How about Picture B? Does your school environment look like Picture A? How about your community environment? Does it look like Picture B? You will learn how to describe environment like this in our lesson specifically in the next part. “What is It.”

Picture A



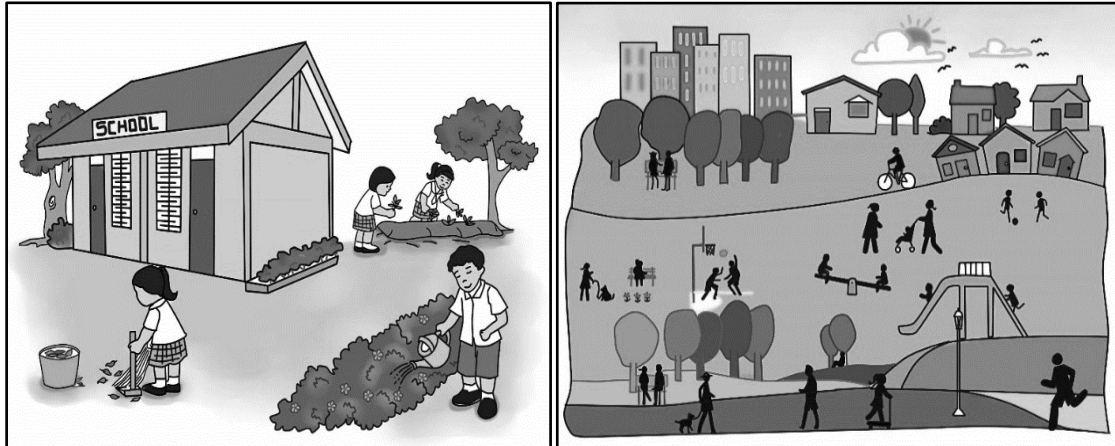
Picture B



Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



What is It



A healthy school and community environment has a physical characteristic like clean air, clean water and flexible spaces.

The pictures above show a healthy school and community environments.



Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

Let us learn more from the two friends below.

What are the characteristics of a healthy school and community environments?

According to the World Health Organization some of the characteristics of a healthy school and community environments are:

1. clean and safe physical environment
2. meets everyone's basic needs
3. promotes social harmony and active involvement of everyone

4. have accessible health services and facilities

5. takes part in identifying local problems and local solutions

6. have sustainable use of available resources for all member of the community

7. understands local health and environmental issues

The characteristics of a healthy school and community environments can be classified into two. These are **Physical Environment** and **Psychosocial Environment**.

Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan

Physical Environment includes safe, clean and good quality of air and water, visually pleasing and with flexible spaces.

In other words, physical environment must have safe and spacious surroundings wherein the children are free from harm. The clean and good quality of air and water supply keep the children free from illnesses and diseases.



School facilities like classrooms should be clean, comfortable, and conducive for learning. There should be enough space for the children to play and move freely.

Learners are usually more aware of their surroundings. It can either motivate them to learn or discourage them. An aesthetically or visually pleasing environment can help develop the child's positive attitude towards learning. It is also an environment that can make them feel safe, calm and open to learning. It can help them feel at home to be able to learn effectively and develop their full potential.



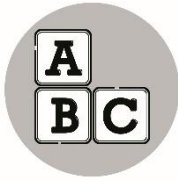


Psychosocial Environment includes warm atmosphere, healthy interpersonal relationships, and free from abuse and discrimination.

It is where learners are encouraged to build a harmonious relationship with each other. There is also a positive interaction among learners and teachers.

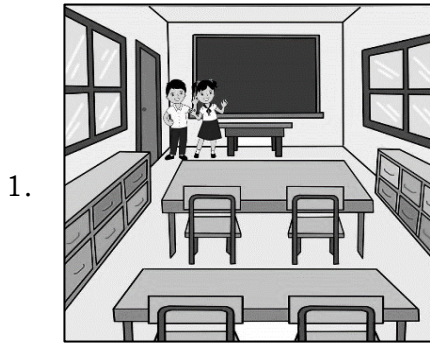
This is an environment where learners do not experience discrimination and abuse. It is here that they feel secured, respected and accepted for who they are. Teachers should help them develop their self-esteem and sense of belonging so they will feel secured and emotionally supported.



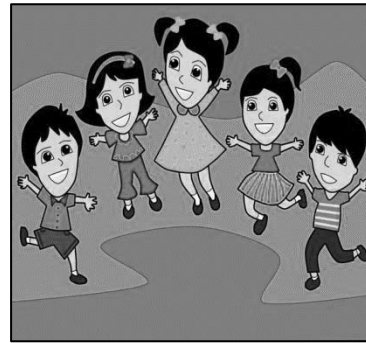


What's More

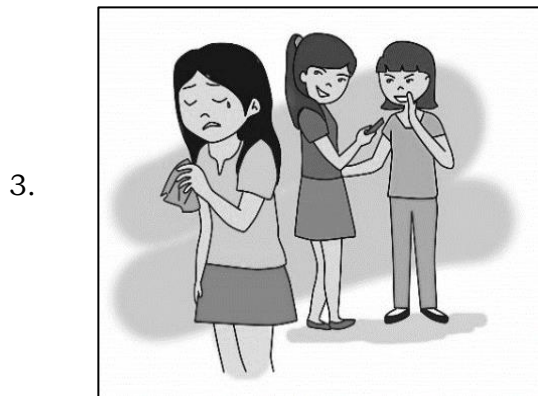
Directions: Write **Agree** if it describes a healthy school and community environments and **Disagree** if it does not. Do it on a separate sheet of paper.



Warm Atmosphere



Healthy Interpersonal Relationship



Abusive Environment



Water Pollution



Clean Air and Water

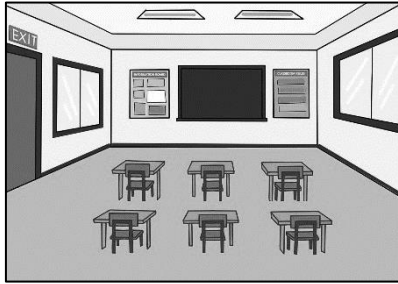
Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



What I Have Learned

Directions: Write **Yes** if the picture describes a healthy school and community environments and **No** if it does not. Do it on a separate sheet of paper.

1.



Flexible spaces

2.



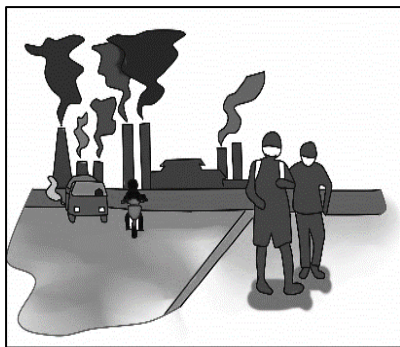
With clean and good quality of air and water around

3.



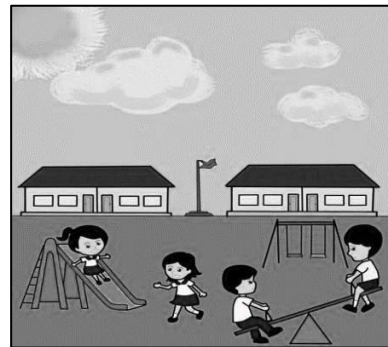
Water pollution

4.



Air Pollution

5.



Safe Environment

Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



What I Can Do

Directions: Match each characteristic of a healthy school and community environments in **Column A** with the statement that best describes in **Column B**. Write the letter only of the correct answer. Do it on a separate sheet of paper.

Column A

1. Free from abuse and discrimination

2. Flexible spaces

3. Healthy personal relationship

4. Clean environment

5. Safe environment

Column B

- A. It is safe and welcoming wherein the children are free from harm.

- B. It promotes and encourages positive interaction among learners and teachers.

- C. It is an environment where the children are free from illnesses and diseases.

- D. There is enough space for the children to play.

- E. It is an environment where learners are free from abusive experiences, feel secured and accepted.



Assessment

Directions: Write ✓ if it describes the characteristic of a healthy school and community environments and ✗ if it does not. Do it on a separate sheet of paper.

- _____ 1. Clean surroundings
- _____ 2. Safe and secure environment
- _____ 3. Crowded classrooms
- _____ 4. Abusive environment
- _____ 5. Clean food and water source
- _____ 6. Meets the basic needs of all the members of the community
- _____ 7. Harmonious relationship among community members
- _____ 8. An environment that is free from diseases
- _____ 9. Free from discrimination
- _____ 10. Polluted air

Thank you for accomplishing this module. Congratulations!



Additional Activity

Directions: Give at least 5 phrases or sentences to describe the characteristics of a healthy school and community environments. Do it on a separate sheet of paper.

What have I learned about the characteristics of a healthy school and community environments?

1.

2.

3.

4.

5.



Answer Key

<p>Assessment</p> <p>1. ✓ 2. ✓ 3. X 4. X 5. ✓ 6. ✓ 7. ✓ 8. ✓ 9. ✓ 10. X</p> <p>Additional Activity</p> <p>Pupil's answer may vary.</p>	<p>What's More</p> <p>1. Agree 2. Agree 3. Disagree 4. Disagree 5. Agree</p> <p>What I Have Learned</p> <p>1. Yes 2. Yes 3. No 4. No 5. Yes</p> <p>What I Can Do</p> <p>1. E 2. D 3. B 4. C 5. A</p>	<p>What I Know</p> <p>1. True 2. True 3. True 4. False 5. True 6. True 7. False 8. False 9. True 10. True</p> <p>What's In (In any order)</p> <p>SAFE CLEAN HARMLESS PEACEFUL CONDUCTIVE</p> <p>What's New</p> <p>Pupil's answer may vary.</p>
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