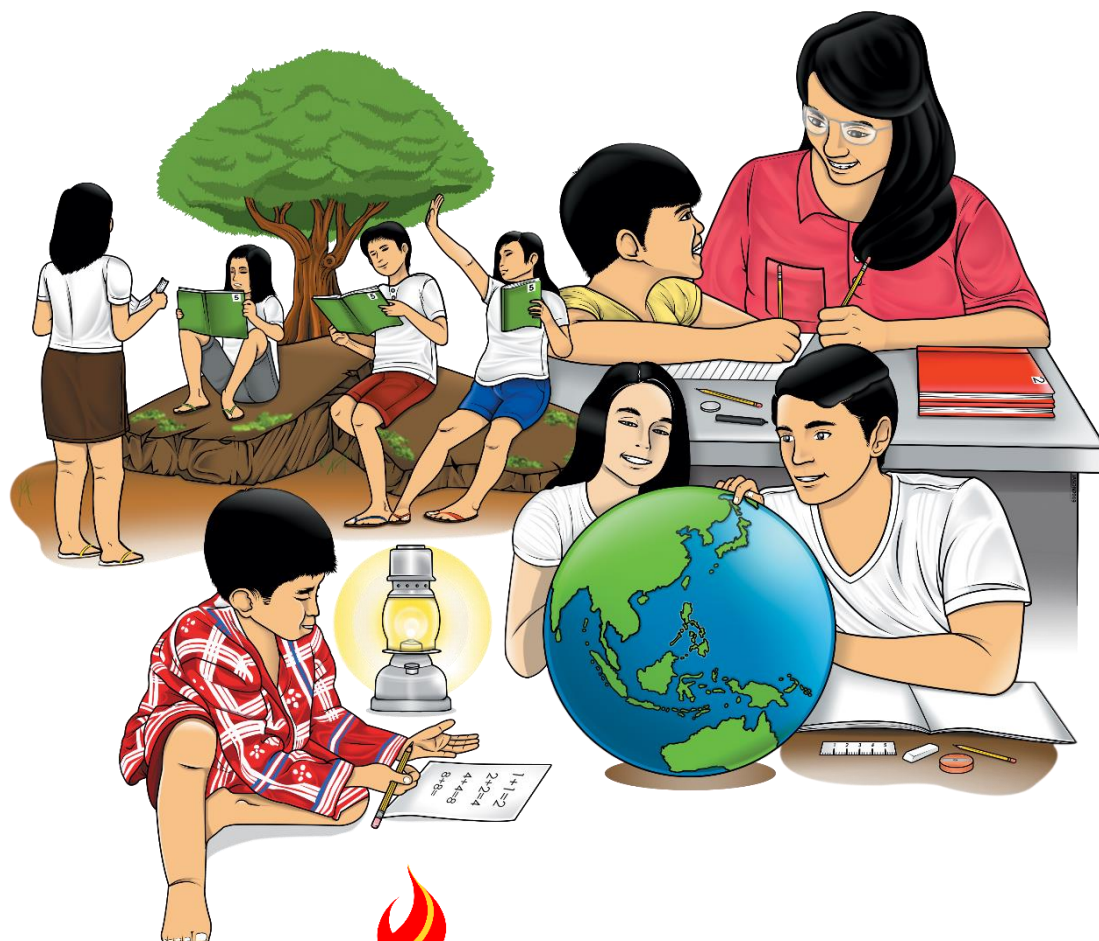


Health

Quarter 2 – Module 3: Let's Build and Keep the School and Community Environments Healthy



Health – Grade 6

Alternative Delivery Mode

**Quarter 2 – Module 3: Let's Build and Keep the School and Community Environments
Healthy**

First Edition, 2020

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Health

**Quarter 2 – Module 3:
Let's Build and Keep the School
and Community Environments
Healthy**

Introductory Message

This 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 help you demonstrate ways to build and keep school and community environments healthy.

The module consists of only one lesson.

- Lesson 1 – Different Ways to Build and Keep the School and Community Environments Healthy

After going through this module, you are expected to demonstrate ways to build and keep the school and community environments healthy **(H6CMH-IIc-d-3)**.



What I Know

Directions: Write **Yes** if the statement shows a way to build and keep the school and community environments healthy and **No** if it does not. Write your answer on a separate sheet of paper.

1. Develop and manage crowded spaces for social interaction.
2. Create a pleasant setting which encourages better learning.
3. Reduce air pollution to prevent the risk of health-related illnesses.
4. Encourage shared responsibilities to keep a positive work environment.
5. Treat others with disrespect to build trust, love and dignity.
6. Improve sanitation facilities to protect people from diseases.
7. Promote public understanding to create discrimination and bullying.
8. Show kindness for each other to make them feel more comfortable and cared of.
9. Surround yourself with positive people who can contribute to a happy well-being.
10. Create flexible spaces that will make them feel unsafe and unmotivated.

Lesson 1

Different Ways to Build and Keep the School and Community Environments Healthy

School and community involve many people and group of persons doing and sharing activities everyday in a common place. To keep a safe, positive, clean, calm and bully free setting we need to demonstrate ways to build and keep the environment healthy.

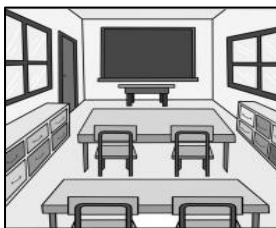


What's In

What is a Healthy School and Community Environment?

Healthy school communities are places where all the members of the community such as, pupils, parents, teachers and other groups of people work together to build and keep the physical and psychosocial community health and well-being environment.

The Physical Environment focuses on creating and maintaining a healthy place that protects those who spend time here. These include access to safe, clean and good quality of air and water as well as pleasing and flexible spaces which can help stimulate and develop different interests and abilities of a certain individual.



Clean



Flexible Spaces

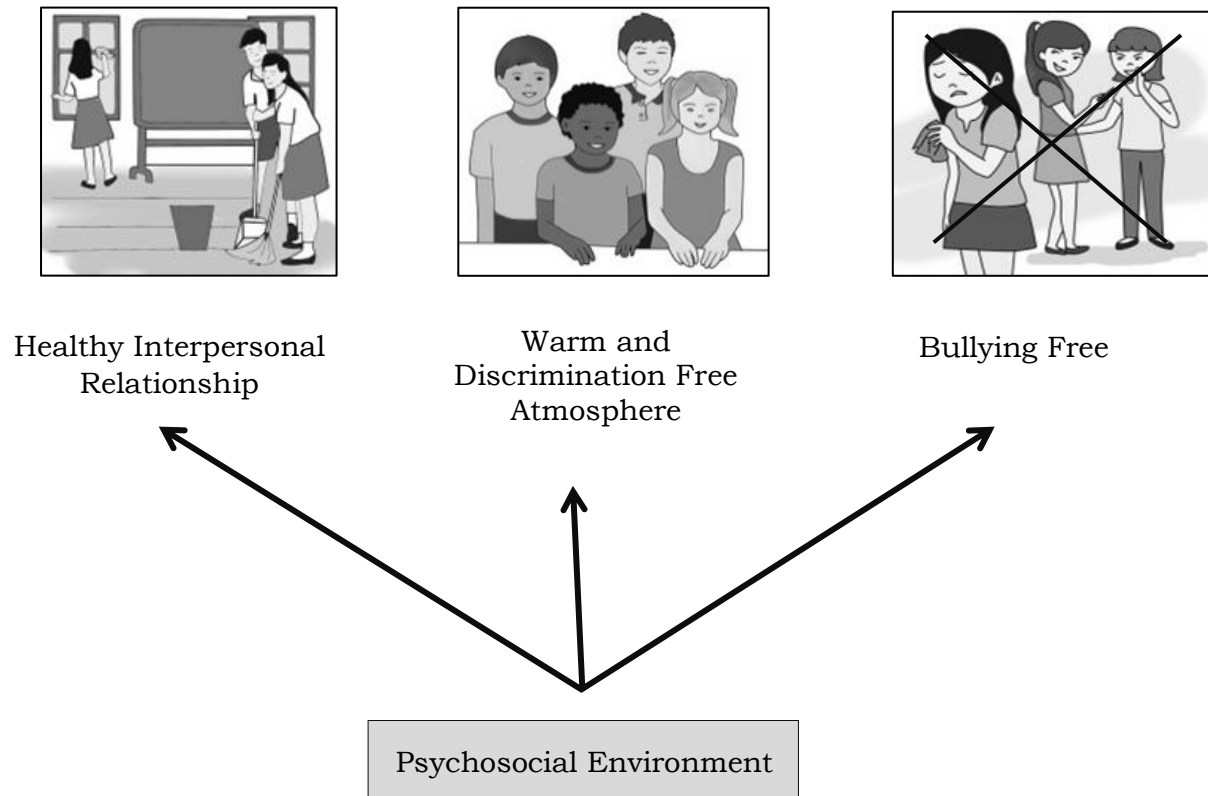


Access to safe, clean and good quality of air and water

Physical Environment

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

Psychosocial environment refers to the interpersonal relationships between people and how they interact and respond in different situations. It enhances social and emotional well-being. It also promotes warm, healthy relationships as well as bullying and discrimination free setting.

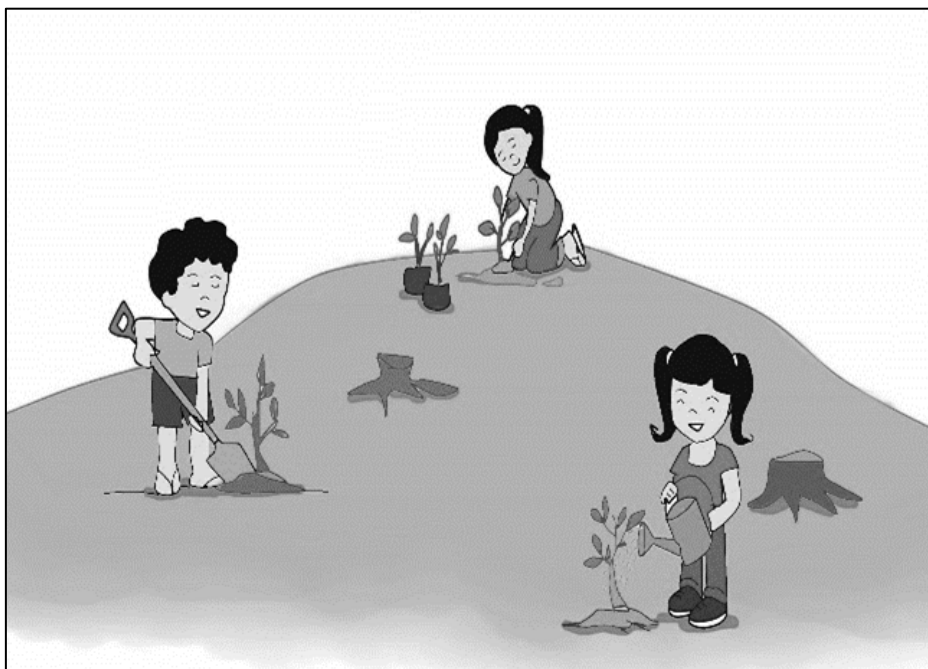


Illustrated by Zoila Mae P. Panes, Riza E. Celebrado, and Marvin P. Pagurayan



What's New

A. Directions: Look at the pictures of the school community environments and answer the questions that follow. Write your answer on a separate sheet of paper.



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

1. What are the activities that demonstrate ways to build and keep the school and community environments healthy?
2. How often should we perform these activities?
3. Aside from the activities shown in the picture and your own personal experiences, what other things you know which can help build and keep our school and community environments healthy?
4. What makes our school and community environments unhealthy?

B. Directions: Read and learn from this poem. After reading, write 1 or 2 sentences about the advantage of a bully free environment. Write your answer on a sheet of paper.

A Better Place to Stay

Written by: Receli P. Imas

I'm in a new place that nobody cares
 No one knows me and all seem to be strangers
 They all make faces, fun, and loud laughter, not tears
 For me these pretty beings are monsters!

Gossiping about me, they bully me socially
 Any rude hand gestures, bullying me physically
 Unkind words and comments they say about me
 Listening to verbal bullying is hurtful as it can be.



Don't allow bullies to do what they wanted to
 They should be stopped at the start of the things they do
 They need help and utmost care as far I know
 Their bad experiences were the root-causes, too.

Although they are like that, they need respect
 Love and attention they do expect
 Their victims should not fight back, but walk away
 To make this place a better place to stay.



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



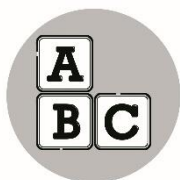
What is It

Why is it important to keep the school, and community environments healthy?

Our school and community especially physical and psychosocial factors have a big impact on our health and lifespan. Where we stay or live determine how we access safe drinking water and clean air, healthy food and how often we get outdoor exercises.

In order to maintain and build a healthy environment the following things will help everyone around to live better and longer.

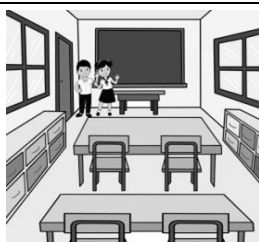
1. Grow healthy food.
2. Maintain a safe and clean community.
3. Reduce neighborhood waste.
4. Plant more trees.
5. Go for natural and organic gardening.
6. Encourage development of parks and outdoor spaces.
7. Volunteer to make your environment green and healthy.
8. Be friendly around you.
9. Have your water tested to be safe.
10. Exercise regularly.



What's More

- A. Directions: Look at each picture with its corresponding sentences. Write ✓ if it demonstrates a way to build and keep our school and community environments healthy and ✗ if it does not. Write your answer on a separate sheet of paper.

1.

☐


Keep the school facilities clean, spacious and bully free environment.

2.

☐


Treat others the way you wish to be treated.

3.

☐


Join the cleaning day activities.

4.

☐

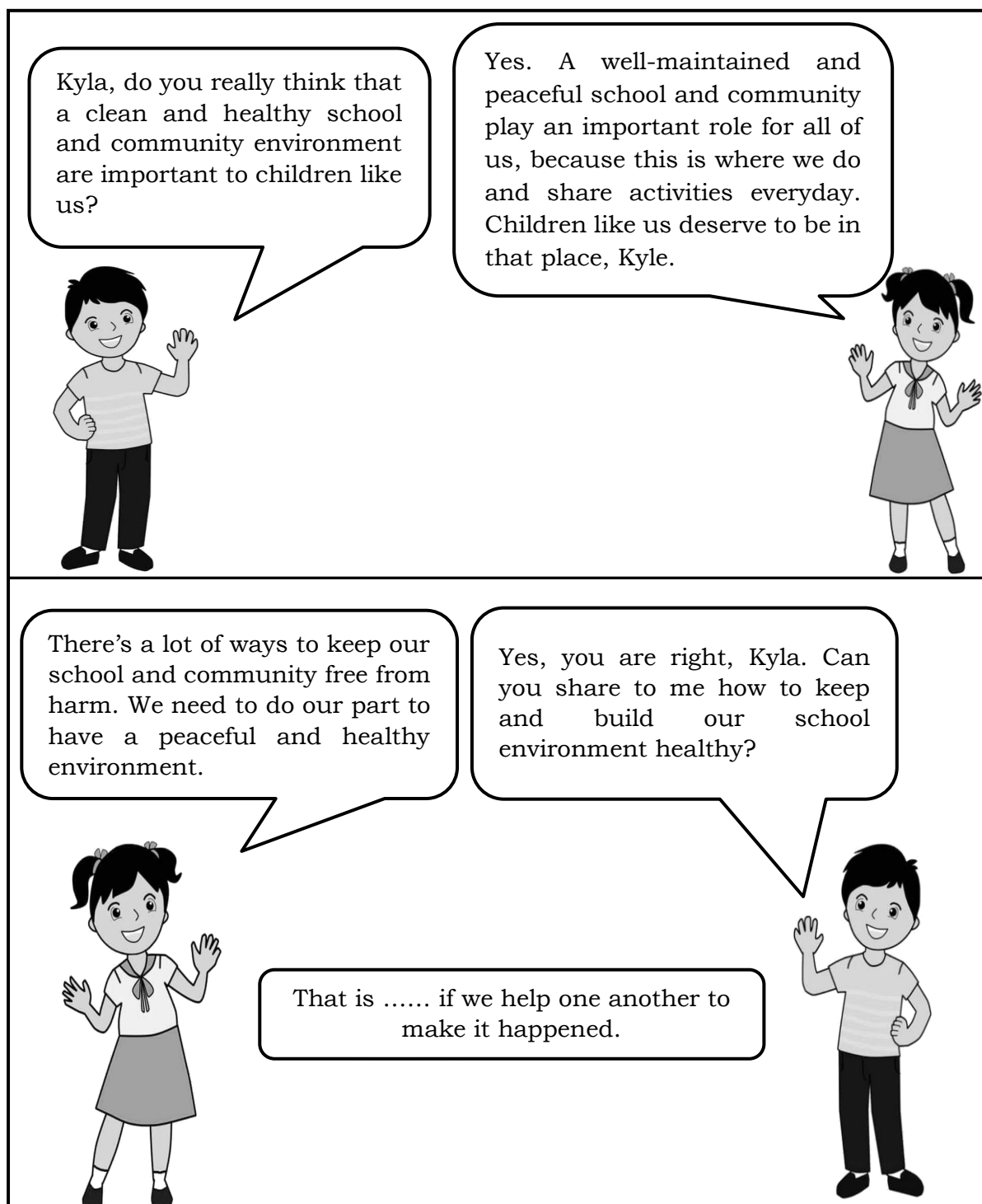

Live a happy and peaceful life with access to safe and clean environmental resources.

5.

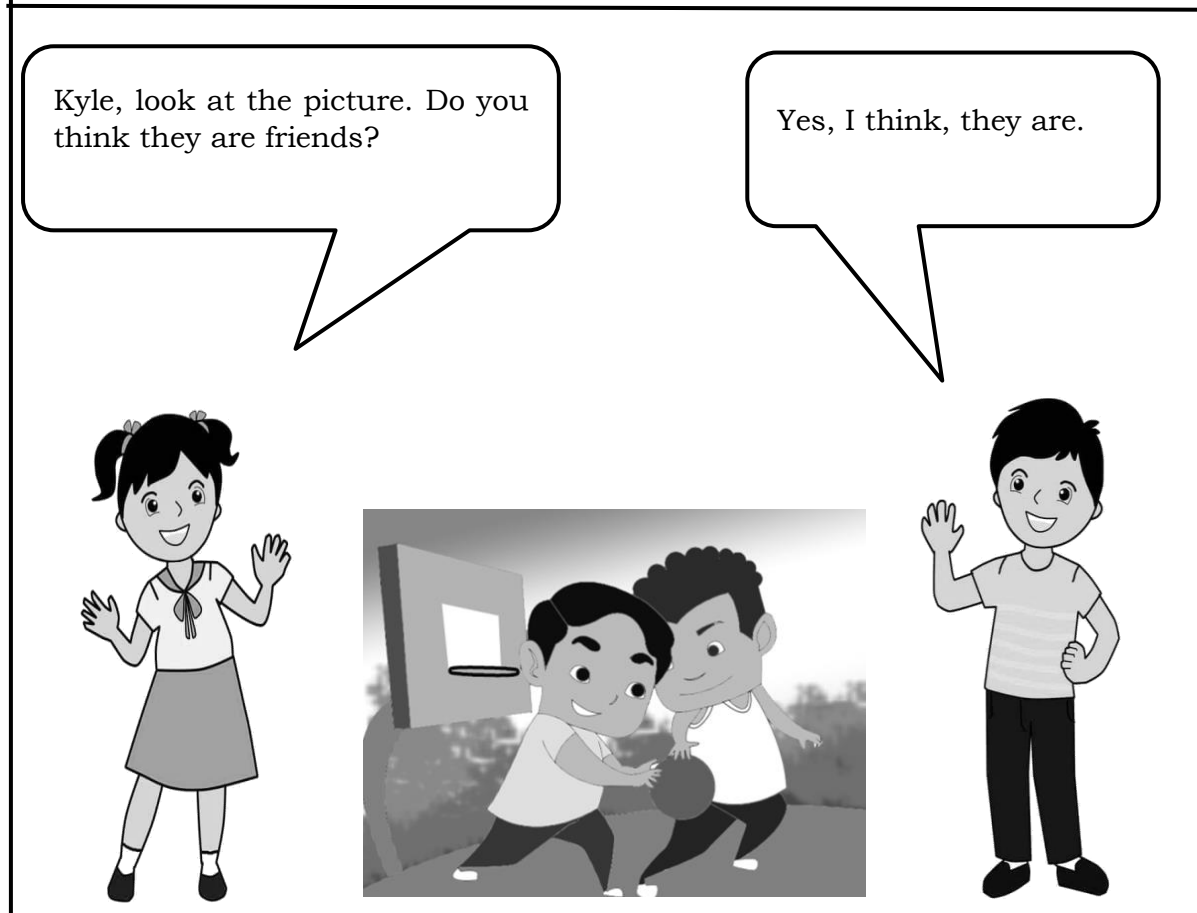
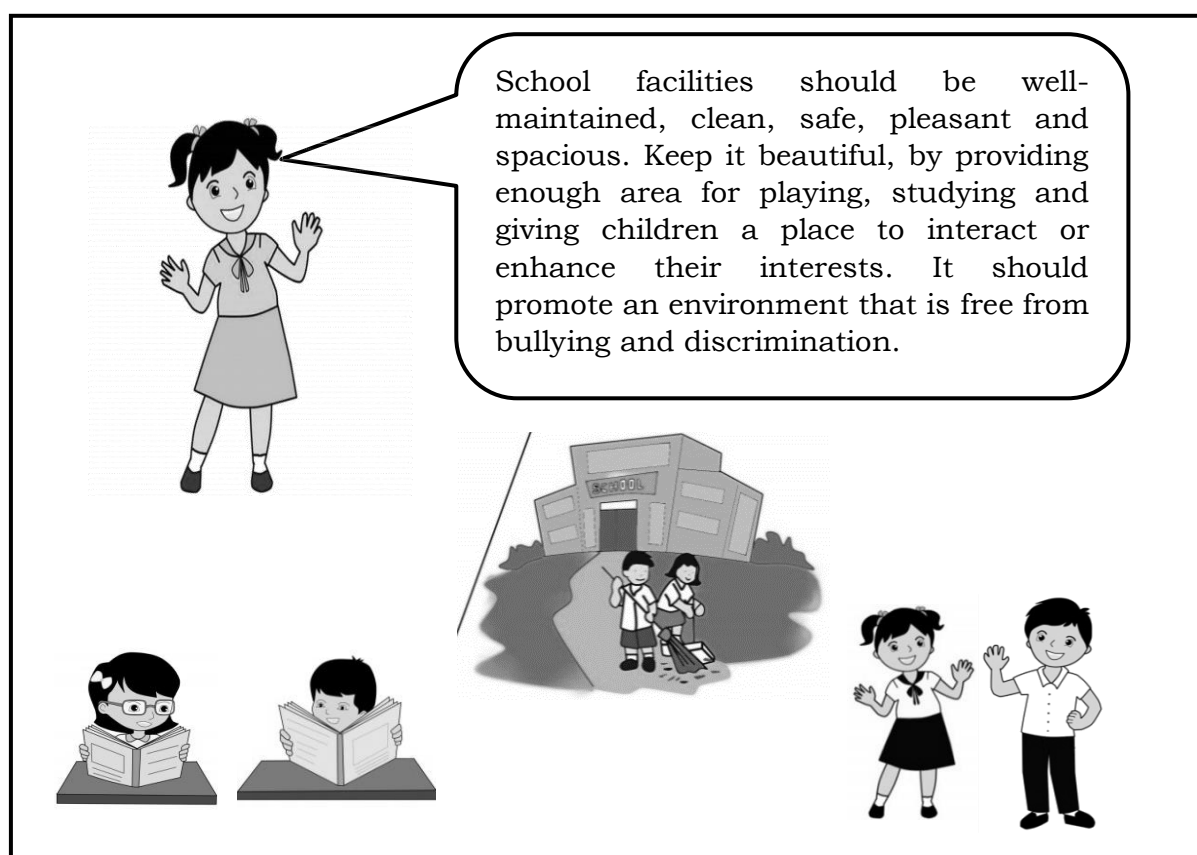
☐


Maintain clean surroundings by disposing wastes improperly.

B. Directions: The children are talking about how to demonstrate ways to build and keep the school and community environments healthy. Read each conversation, take note and keep in mind what they are saying.



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



You see, they play basketball together to make them feel good and healthy about themselves. They can easily get along by showing right kind of behavior with each other.



Kyla, I get it. I will be friendly to our classmates and friends starting today so that I can play with them, too.



Good for you, Kyle. If you are a friendly person, you must show respect to the people around you so that they will respect you too. You can do things together harmoniously like playing and keeping your school and community environments healthy.



Wow! that is true. Now I have learned a lot about keeping and building our school and community environments healthy, Kyla. Thank you for sharing me those things.



Now, I can imagine myself with my family and friends demonstrating ways to build and keep our school and community environments healthy. I will share it to them what I have learned from you today.

Good to hear that, Kyle. If we will do it together we can make a better and peaceful community.



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



Our health is determined by the environment we live. The ability to make healthy choices depends on the community where we stay, learn, work and play. Keeping and building a healthy, safe and well-maintained place is important for protection and well-being of the people.

Healthy community is where group of people and families live in a common place that work, share and enjoy activities together to promote a happy and safe living environment. Here are some of the things to keep and build a well-maintained community:

1. Prevent air pollutions such as, burning leaves, trash, minimizing the use of pesticides and hazardous materials instead use environmentally safe products whenever possible.
2. Reduce and reuse amount of waste by buying reusable items over disposable ones.
3. Plant more trees or join clean up activity.
4. Treat others the way you wish to be treated.
5. Be good, loving, trustworthy and positive to others.
6. Promote community understanding to have peace and harmony.

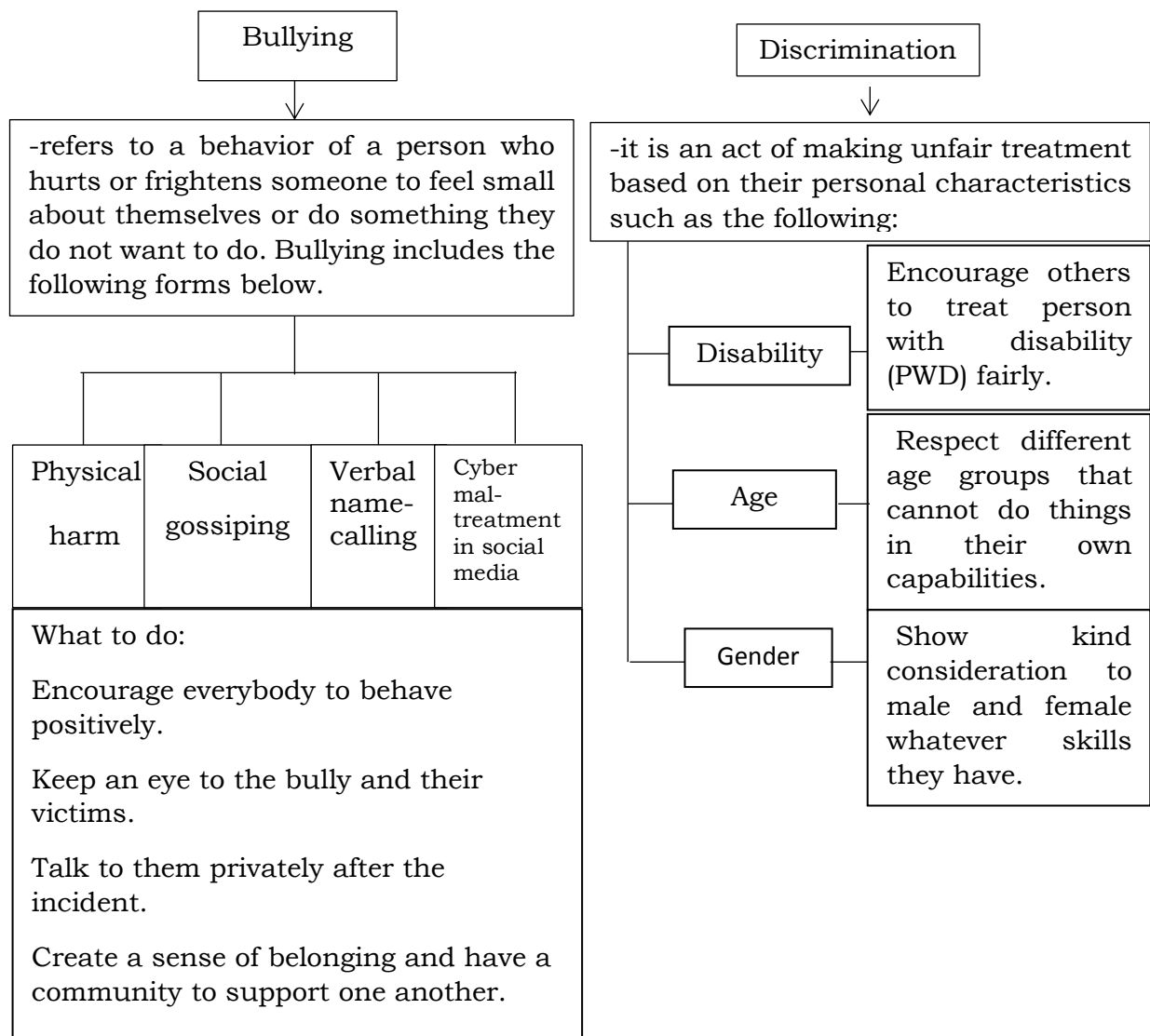


A clean school environment facilitates proper learning. Keeping the school clean will not only benefit those who are using it but also help make it a comfortable place to stay in. To demonstrate ways how to keep and build a school environment healthy, here are the following things to remember:

1. Maintain clean and beautiful surroundings.
2. Manage crowded spaces.
3. Improve sanitation facilities such as comfort rooms, septic tanks and washing area.
4. Create flexible spaces or enough area like playground or play area.
5. Say no to discrimination and bullying.



Look at the graphic organizer below. Take note of the following how to demonstrate ways to prevent bullying and discrimination.





What I Have Learned

Directions: Write **True** if the statement demonstrates a way to build and keep the school and community environments healthy and **False** if it does not. Write your answer on a separate sheet of paper.

1. Share responsibilities with your classmates and friends.
2. Burn plastics and other materials.
3. Participate in a tree planting or gardening activity.
4. Show people around with disrespect.
5. Use environmentally safe products instead of hazardous materials.
6. Keep sanitation facilities unclean.
7. Maintain access to clean air and water free from contaminants.
8. Encourage others to treat person with disability (PWD) fairly.
9. Remain kind for one another.
10. Make fun and give hurtful comments with others.



What I Can Do

Directions: Match the picture in **Column A** with the corresponding statement in **Column B**. Write the letter of the correct answer on a sheet of paper.

Column A

1.



2.



3.



4.



5.



Column B

A. Participate in a tree planting activity.

B. Maintain access to quality air and water.

C. Work with joy and peace in one's heart.

D. Be friendly to the people around you.

E. Learn to recycle waste that is usable.

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



Assessment

Directions: Write **Agree** if each of the following situations demonstrate ways to keep and build the school and community environments healthy then **Disagree** if it does not. Write your answer on a separate sheet of paper.

1. Marcus and Grace play outdoor games with friends harmoniously.
2. Kent is helpful. He helps Nina in cleaning the school yard.
3. Mika enjoys planting trees in her grandparent's farm.
4. Pupils enjoy planting the vegetables in the garden to be sold later.
5. Donna likes the air brushing on her hair.
6. Fatima treats Celia unkindly.
7. Randy gives his classmates some food to eat.
8. Pupils are happily playing with their classmates in the playground.
9. Pia helps her disabled friend to cross the road.
10. Lawrence throws the trash in the river.

Thank you for accomplishing this module. Congratulations!



Additional Activity

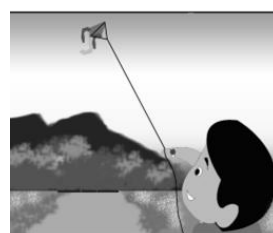
Directions: Read each of the sentences below. Choose the correct picture from the box that demonstrates ways to build and keep the school and community healthy. Write the letter only of the correct answer on a sheet of paper.



A.



B.



C.



D.



E.

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

1. Being good to one another will give you a happy feeling.
2. Keeping waste in its proper place will help reduce pollution.
3. Taking care of living things will make our surroundings beautiful.
4. Access to clean air should be maintained to provide a healthy environment to spend with.
5. Planting more trees will help reduce global warming.



Answer Key

Additional Activity

1. D
2. A
3. B
4. C
5. E

Assessment

1. Agree
2. Agree
3. Agree
4. Agree
5. Agree
6. Disagree
7. Agree
8. Agree
9. Agree
10. Disagree

What I Have Learned

1. True
2. False
3. True
4. False
5. True
6. False
7. True
8. True
9. True
10. False

What's New

- A. 1. Answers may vary
2. Answers may vary
3. Answers may vary
4. Answers may vary
- B. Answers may vary

What I Can Do

1. D
2. A
3. E
4. C
5. B

What's More

1. ☒ D
2. ☒ A
3. ☒ E
4. ☒ C
5. X

What I Know

1. Yes
2. Yes
3. Yes
4. Yes
5. No
6. Yes
7. No
8. Yes
9. Yes
10. No

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