

**Grade 8**

**HEALTH AND  
PHYSICAL  
EDUCATION**

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# Unit 06

**Let's make our school  
environment healthy**

**~Answers~**

- 1) A school that uses its full organizational capacity to promote the health of the school community including school children as well as staff called a health promotional school.
- 2) Health promotion enables people to improve their health by controlling factors which influence health.
- 3) By helping them to influence and control factors which affect health.  
Through the Health Development Society and the Student Health Society in the school.

- 4) Clean air  
Clean surroundings  
Attractiveness  
Clean classrooms  
Adequate and clean toilet facilities  
Clean, safe drinking water  
Adequate facilities for sports  
A clean and healthy canteen  
A safe environment

- 5) Safety – Environment that is free of bullying, abuse, arguments, fights and physical punishment
  - Providing counselling services
  - Ensuring equal treatment for all
  - Opportunities for team work
  - Learning to appreciate others
- 6) Developing policies which promote health
  - Improving knowledge and skills
  - Creating a healthy environment
  - Getting help from the community
  - Reorganising and making optimum use of health services
- 7) Separate containers for collecting garbage-polythene and other non-degradable items, degradable items, glass and paper
  - Maintaining a clean, orderly canteen
  - Providing clean safe water
  - Conducting health camps
  - Not bringing polythene to school
  - Bringing only healthy food to school
  - Not consuming artificial (carbanoide) drinks

8) Self-understanding and self-esteem

Decision making

Problem solving

Coping with stress

Critical thinking

Creative thinking

Emotional balance

Good interpersonal relationships

Productive communication

Empathy

9) People :-

Medical Officer of Health (MOH)

Public Health Inspector (PHI)

Public Health midwife (PHM)

Agriculture officer

Environment officer

Child protection officer

Institutions :-

Office of the Medical Officer of Health

Hospital

Police

Red Cross Society

St.John's Ambulance Service

Saukyadana Movement

Programmes :-

School medical inspection

School dental health service

Immunization program

School sanitary inspection

Programme for Prevention of communicable and non-communicable diseases

10) Prevention of communicable and non-communicable diseases

Providing immunization according to the recommended schedule

Promoting dental health

Identifying and treating visual defects

Identifying nutritional deficiencies

Health education

Educating about safety

Identifying birth anomalies (congenital deformities)

11) Establishing a health promotion committee in your class.

Carrying out health promotional activities with the help of the committee.

Following existing rules and policies.

Forming new policies related to health promotion.

Abstaining from tobacco and alcohol prevention activities with help of the  
principal and staff.

Convey health related messages to your family and to the community.