



Mid Bergen Regional Health Commission

School-Aged
Health Education Paradigm

Revised June 2023

Our Mission

Mid Bergen Regional Health Commission aims to promote and protect the health and well-being of our municipalities by providing accessible, evidence-based, and comprehensive public health services. We strive to prevent disease, promote healthy behaviors, and address health disparities through education, outreach, and collaboration with our partners. Our dedicated professionals are committed to fostering a culture of wellness, equity, and resilience. Together, we are determined to empower individuals and communities to make informed decisions, leading to a healthier future for everyone we serve.

School-Aged Health Education Services

Health education programs and activities are crucial for educating young people about various aspects of health and cultivating healthy behaviors from an early age. Our programs align with the New Jersey Student Learning Standards for Health and Physical Education, ensuring that content and skill development are age-appropriate. Whether through nutrition education, physical fitness activities, mental health awareness, or safety lessons, our programs are thoughtfully designed to meet the specific expectations of each grade level. We prioritize the development of essential skills such as decision-making, problem-solving, and effective communication to empower students to make informed, healthy choices.



Programs by Health Topic

Nutrition Education:

- **Healthy Eating:** Interactive sessions where kids learn about the importance of a balanced diet, food groups, and portion control through games and activities.
- **Cooking:** Cooking without a kitchen where children prepare simple, nutritious meals and snacks while learning about ingredients and food safety.
- **Gardening:** Schools and communities can create vegetable gardens to teach kids about growing and enjoying fresh produce.

Physical Activity & Mental Health:

- **Dance and Movement:** Fun and energetic dance or movement classes that encourage kids to stay active while learning new skills.
- **Mindfulness, Relaxation, and Distress Tolerance:** Activities like deep breathing exercises, yoga, and meditation to help kids manage stress and emotions.
- **Emotional Expression:** Art and creative writing activities that allow children to express their feelings and thoughts in a healthy way.
- **Conflict Resolution:** Teaching kids effective communication and problem-solving skills to resolve conflicts peacefully.

Hygiene and Personal Care:

- **Hand Washing:** Demonstrations and games to teach proper hand-washing techniques to prevent the spread of germs.
- **Oral Health:** Programs that emphasize the importance of brushing, flossing, and regular dental check-ups.
- **Personal Grooming:** Lessons on personal hygiene, including bathing, hair care, and nail care.



Program by Health Topic Continued

Safety and Injury Prevention:

Bicycle Safety: Teaching children how to ride bicycles safely, including helmet use and obeying traffic rules.

Substance Use Prevention:

Drug and Alcohol Prevention: Educational sessions to raise awareness about the dangers of drug and alcohol use and strategies for resisting peer pressure.

Smoking Cessation: Lessons on the risks of smoking and the benefits of a tobacco-free life.

Community Health Initiatives:

Walking Program: District wide initiative that promotes walking to school and tracking steps for physical activity.

Community Service: Engaging in projects that benefit the community's health, such as cleaning up parks or organizing health fairs.

For community health programming, resources, and events please contact: Sarah Bombino, MPH, Health Planner
sbombino@njlincs.net
(201) 362-1458

