



\$75,000
in prizes
awarded!

Blue Ribbon

SCHOOL ATTENDANCE CHALLENGE
H A N D B O O K

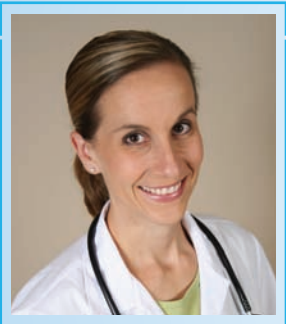
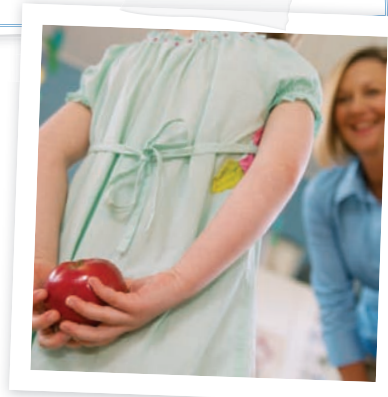


Explore inside for ways your school can teach healthy habits and win.

Dear School Leader,

Welcome to the **LYSOL® Blue Ribbon School Attendance Challenge**. This program is a new initiative to help build healthier communities as part of the **LYSOL® Mission for Health**. The **LYSOL®** brand teamed up with Scholastic, the most trusted name in learning, to create a program for schools designed to motivate students and their families **to strive for better health and improved attendance**. This handbook, developed in conjunction with pediatrician Dr. Laura Jana, M.D., F.A.A.P., includes classroom curriculum, as well as send-home materials for families that are designed to help you and your teachers **reduce absenteeism** and **reinforce healthier habits** at school and at home. Plus, we are awarding **\$50,000 in prizes** to schools that demonstrate the best attendance rate and parent participation. Our mission is the same as yours — to help keep kids healthy so they can come to school and learn. When that mission is accomplished, we all win.

Follow the Blue Ribbon to Good Health and Great Prizes!



Meet Dr. Jana

In addition to being the mother of three children, Dr. Laura Jana, M.D., F.A.A.P. is a board certified pediatrician, Fellow of the American Academy of Pediatrics, owner of an educational childcare center, and co-founder of The Dr. Spock Company, where she served as a writer, reviewer, program creator and advisor on a range of pediatric and parenting-related projects. Dr. Jana was a consultant to Dr. Benjamin Spock for the seventh edition of *Dr. Spock's Baby and Child Care*, published in 1998. She is also the author of two parenting books, *Heading Home with Your Newborn* and *Food Fights*,

and frequently shares her reality-style parenting advice with academic institutions, parenting magazines and media outlets, including CNN, The Today Show and NPR's The Parent's Journal.

“As a physician, the mother of school-age children, and as a health communicator with a longstanding interest in both education and health promotion, I am excited to partner with LYSOL® and share my expertise with you throughout the LYSOL® Blue Ribbon School Attendance Challenge.”

Look for Dr. Jana's health tips and facts throughout the **LYSOL® Blue Ribbon School Attendance Challenge Handbook**.

Did You Know?

1. 22 million school days are lost every year due to the common cold.*
2. Children have about 6 to 10 colds a year.*
3. In families with children in school, the number of colds per child can be as high as 12.*
4. Children are two to three times more likely than adults to get sick with the flu, and children frequently spread the virus to others.*
5. Cold & flu viruses are a leading cause of doctor's visits and children missing school.*
6. In the course of a year, people in the United States suffer 1 billion colds.*
7. The flu virus can live on surfaces for up to 48 hours.**
8. During the flu season, 59% of surfaces in homes can be contaminated with the flu virus.**
9. The flu virus can travel up to twelve feet through the air at 100 mph.*



* Centers for Disease Control and Prevention (www.cdc.gov/)

** "The Occurrence of Influenza A virus on Household and Day Care Center Fomites"; S.A. Boone, C.P. Gerba, *Journal of Infection*, 2004 (<http://www.ncbi.nlm.nih.gov/pubmed/16038759>)

How to Use This Handbook

The **LYSOL® Blue Ribbon School Attendance Challenge Handbook** contains everything you need to involve your teachers, PTA and PTO leaders, students and parents in activities that promote healthy habits. Be sure to register for the contests included in the handbook for a chance to win exciting prizes for your school. **\$75,000 in prizes is being awarded!** Visit www.scholastic.com/blueribbonattendancechallenge to register your school today.



To access printable lessons, visit www.scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons**

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This sorting activity helps students identify everyday items that are either "OK to Share" or "Not OK Share"
- 18** **Healthy Habits Lesson: Soap Sculptures**
Students create soap sculptures and then take their masterpieces home to practice healthy hand washing techniques
- 19** **Healthy Habits Lesson: An Apple a Day**
Students learn about healthy habits by creating a class tree filled with their own ideas of what it means to be healthy
- 20** **Healthy Habits Lesson: Now You See It, Now You Don't** *Emphasize the importance of keeping shared surfaces clean with this activity that teaches students that germs can even live on a surface that doesn't look dirty*
- 21** **Healthy Habits Lesson: Every Day I...**
Students will learn about and discuss the importance of healthy habits, such as washing hands, eating fruits and vegetables, getting enough sleep, etc. by creating and sorting sentence strips
- 22** **Healthy Habits Lesson: Stay Well Cards**
Students create "Stay Well" cards for each other that illustrate ways to avoid getting sick
- 23** **Healthy Habits Lesson: Code Blue Ribbon**
Students create and crack simple codes to reveal healthy habits messages about hand washing and other smart ways to stay well all school year
- 24** **Healthy Habits Lesson: Healthy Habits Time Tally** *Students record the amount of time they spend on various daily routines, then graph and compare their habits with others in the class*
- 25** **Healthy Habits Lesson: My Healthy Hero**
Students write a five-paragraph essay about a person who is a role-model for healthy habits
- 26-27** ... **Blue Ribbon Participation Reminder**
Reproducible promotional page to provide to the school community throughout the school year with Blue Ribbon calendar of events

Blue Ribbon

SCHOOL ATTENDANCE CHALLENGE

Enter the **LYSOL® Blue Ribbon School Attendance Challenge** for a chance to win. **LYSOL®** is giving away **prizes totaling \$75,000** through three special contests, so log on to **scholastic.com/blueribbonattendancechallenge** to register.

Is Your School a Blue Ribbon School?

As a school leader, it may seem obvious to you that your students cannot learn the material they are supposed to learn unless they come to school. What might not be as obvious is how to encourage parents and caregivers to do everything possible to make sure their children come to school every day healthy and ready to learn. The statistics reinforce what we already know — that we have our work cut out for us — and we're all on the same team as we face the challenge.

- In 2006, an estimated 71% of students aged 5-17 years missed school days because of illness. The majority (56%) missed 1-5 days, 10% missed 6-10 days and 5% missed more than 11 days of school.*
- Over 164 million school days are lost that could be prevented with healthier habits and increased education at school and at home.*

At **LYSOL®**, we are committed to helping you, your students and staff meet these school-related germ challenges with open arms (and cleaner hands), and are pleased to announce our new **LYSOL® Blue Ribbon School Attendance Challenge**, a program we've designed specifically for you to help you promote healthy habits, as well as encourage staff and parent participation.

*Source: CDC.gov



Enter for
your chance
to win.
\$75,000
in prizes
awarded!



The **LYSOL**® Blue Ribbon School Attendance Challenge

Here's how it works:

- 1 Register** your school for the **LYSOL**® Blue Ribbon School Attendance Challenge today by visiting scholastic.com/blueribbonattendancechallenge. Your school can enter the **LYSOL**® Blue Ribbon School Attendance Challenge as well as the **Classroom Songwriting Contest** and **My Healthy Hero Contest**. (See pages 14 and 16 for more details.)
- 2 Copy** and distribute the **Classroom Attendance Tracker** to your teachers. (See page 8.) Be sure to block off any holidays when your school is not in session before photocopying.
- 3 Display** the **School Attendance Tracker** in a highly visible place where students and teachers can easily see your progress. (See page 6.) Encourage teachers to display their **Classroom Attendance Tracker** outside their classrooms.
- 4 Mark** your attendance percentage on the track at the end of every month, and have teachers do the same on their copies. Students will have fun comparing their classroom attendance to other classrooms and to the school's results. You can offer your own incentives to encourage competition among classrooms—how about an extra period of recess to the class with the best attendance each month?
- 5 Send** the Dear Parent letter and the **Blue Ribbon Family Pledge** home to parents. Engage your PTO/PTA to help communicate the **LYSOL**® Blue Ribbon School Attendance Challenge goals to families. (See pages 10-13.)
- 6 Submit** your results by **Friday, April 1, 2011**.
- 7 Winners** **LYSOL**® Blue Ribbon School Attendance Challenge will be selected based on the best attendance record and highest Parent Pledge return rate.

Here's what you can win:

- Grand Prize:** \$20,000 plus a Blue Ribbon School Event with Dr. Laura Jana in May 2011 awarded to the school with the best attendance record and highest percentage parent participation.
- 2nd Prize:** \$10,000
- 3rd Prize:** \$5,000
- 15 runners-up:** \$1,000 each
- Total Prizes: \$50,000**

You can also enter other exciting contests for more chances to earn great prizes. For details on these contests, see pages 14–16 or visit scholastic.com/blueribbonattendancechallenge

LYSOL® Blue Ribbon Classroom Hand Washing Song Contest

September 21 — November 30, 2010
\$12,500 in prizes!

Visit scholastic.com/healthyhands for more details and to enter

LYSOL® Blue Ribbon My Healthy Hero Contest

January 1 — March 31, 2011

\$12,500 in prizes!

Visit scholastic.com/healthyhero for more details and to enter

Enter your school in these contests for your chance to win thousands of dollars for your school. \$75,000 in prizes being awarded!

LYSOL® BLUE RIBBON SCHOOL ATTENDANCE CHALLENGE ABBREVIATED RULES. SEE ONLINE FOR FULL RULES.

NO PURCHASE NECESSARY TO ENTER OR WIN. The **LYSOL**® Blue Ribbon School Attendance Challenge (the "Challenge") is open only to public and accredited private schools that are located in the 50 United States (including the District of Columbia) and which have students in grades PreK - 5th (a "School"). The Challenge entries on behalf of the Schools shall be submitted by an authorized school official and/or teacher in a School, who is a legal resident of the United States, is currently over the age of 18 and is authorized by the School to participate in the Challenge on behalf of the entering School. The Challenge registration begins October 1, 2010, 12:00 a.m. EST and all entries must be received by April 1, 2011, 11:59 p.m. EST. To enter, the teacher/school official must register his/her School at the link below, and at the end of every month of the school year, tally the attendance of each participating classroom, and mark the overall attendance percentage on his/her School's main School Attendance Tracker for students PreK - 5th grade found in the **LYSOL**® Blue Ribbon Schools Handbook or online at the below link. For further entry details, please see the Official Rules. The Grand Prize Winning School will receive \$20,000, plus a Blue Ribbon Award Event with Dr. Laura Jana at the Grand Prize Winning School. The 2nd Prize Winner will receive \$10,000 and the 3rd Prize Winner will receive \$5,000. Fifteen (15) Runners Up will receive \$1,000. Total ARV for all prizes is \$50,000. Void where prohibited or restricted by law. For Official Rules, visit www.scholastic.com/blueribbonattendancechallenge.





School Attendance Tracker

Administrators: Use this chart to help keep track of your school's attendance.

Weekends are blocked off in blue. Please block out any additional days that your school is not in session.

You may use the enclosed attendance sheet or your own attendance tracking system to monitor your school's attendance.

Gather the monthly **Classroom Attendance**

Trackers form from all of the teachers participating in the challenge. Tally their attendance performance and include those totals in this chart. Display this chart where students and teachers can see it, so everyone is aware of how well your school is doing.

At the end of March, collect **Blue Ribbon Parent**

Pledge sheets and attendance records from teachers to verify your contest entry results.

Monthly Attendance Total = # of students in attendance for all of the days in that month.

Monthly Attendance Goal = Perfect Attendance.

To calculate this goal, add the number of days that school was in session in a particular month and multiply it by the total number of students. e.g. $360 \text{ total students} \times 22 \text{ days} = 7,920$

% Attendance = Monthly Attendance Total divided by Monthly Attendance Goal
e.g. $7,892 \div 7,920 = .99$ (99%)

Access a printable PDF of the **School Attendance Tracker**. Visit scholastic.com/blueribbonattendancechallenge

Submit your **LYSOL® Blue Ribbon Attendance Challenge** entry by April 1, 2011. See online for Official Rules.

| | |
|--|--|
| | Enter total # of students participating in the LYSOL® Blue Ribbon School Attendance Challenge |
| | Enter total # of pledges collected from parents |

Enter the # of students in your school on each day that school is in session. Photocopy the Classroom Attendance Tracker on pages 8 and 9 and provide to participating teachers.

| | SAMPLE | October 2010 | November 2010 | December 2010 | January 2011 New Years Day | February 2011 | March 2011 |
|----|-----------|--------------|---------------|---------------|-------------------------------|---------------|------------|
| 1 | 360 | | | | | | |
| 2 | 360 | | | | | | |
| 3 | 360 | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | Labor Day | | | | | | |
| 7 | 360 | | | | | | |
| 8 | 355 | | | | | | |
| 9 | 356 | | | | | | |
| 10 | 360 | | | | | | |

| | | | | | | | | | |
|--------------------------|-------|--|--|--|---------|---------------|--|----------------|--|
| 11 | | | | | | | | | |
| 12 | | | | | | | | | |
| 13 | 360 | | | | | | | | |
| 14 | 358 | | | | | | | | |
| 15 | 360 | | | | | | | | |
| 16 | 360 | | | | | | | | |
| 17 | 354 | | | | MLK Day | | | | |
| 18 | | | | | | | | | |
| 19 | | | | | | | | | |
| 20 | 357 | | | | | | | | |
| 21 | 357 | | | | | | | Presidents Day | |
| 22 | 360 | | | | | | | | |
| 23 | 359 | | | | | | | | |
| 24 | 360 | | | | | | | | |
| 25 | | | | | | Thanksgiving | | | |
| 26 | | | | | | | | | |
| 27 | 360 | | | | | | | | |
| 28 | 360 | | | | | | | | |
| 29 | 358 | | | | | | | | |
| 30 | 358 | | | | | | | | |
| 31 | 360 | | | | | New Years Eve | | | |
| Monthly Attendance Total | 7,892 | | | | | | | | |
| Monthly Attendance Goal | 7,920 | | | | | | | | |
| % Attendance | 99% | | | | | | | | |



Classroom Attendance Tracker

Teachers: Use this Attendance Tracker to help motivate your students to come to school every day.

If possible, include your students in the process of taking attendance, recording the daily attendance numbers and calculating percentage at the end of every month. Children might enjoy having their own copies of the **Classroom Attendance Tracker** to record and compare their attendance rates to the class and school rates.

Report monthly attendance percentage rates on the **Classroom Attendance Tracker** and display it outside your class where other students and teachers can see it. Comparing attendance rates is a fun way to motivate students to come to school every day.

Keep a **Blue Ribbon Folder** in your class where you can collect and store signed **Blue Ribbon Parent Pledge** sheets. You can also keep a copy of your general Attendance Sheet and **Classroom Attendance Tracker** in this folder in case the one on display gets lost or damaged. These records may be used to verify your school's contest entry data. Submit your tally each month to your school administrator so they can keep track of overall performance for your school.

Monthly Attendance Total = # of students in attendance for all of the days in that month.

Monthly Attendance Goal = Perfect Attendance.
To calculate this goal, add the number of days that school was in session in a particular month and multiply it by the total number of students in the class.
e.g. $30 \text{ students} \times 21 \text{ school days in a month} = 630$

% Attendance = Monthly Attendance Total divided by Monthly Attendance Goal
e.g. $619 \div 630 = .98$ (98%)

Download a printable PDF of the **Classroom Attendance Tracker**. Visit scholastic.com/blueribbonattendancechallenge

Class Name _____

Teacher Name _____

of students in class _____

| | | |
|---------------|--------------------------|-----------|
| SAMPLE | Monthly Attendance Goal: | 630 |
| START | | |
| WED SEP 1 | | 30 |
| THU SEP 2 | | 30 |
| FRI SEP 3 | | 29 |
| MON SEP 6 | | Labor Day |
| TUE SEP 7 | | 30 |
| WED SEP 8 | | 28 |
| THU SEP 9 | | 29 |

| | | |
|---------------------|--------------------------|--------------|
| OCTOBER 2010 | Monthly Attendance Goal: | |
| START | | |
| FRI OCT 1 | | |
| MON OCT 4 | | |
| TUE OCT 5 | | |
| WED OCT 6 | | |
| THU OCT 7 | | |
| FRI OCT 8 | | |
| MON OCT 11 | | Columbus Day |

| | | |
|----------------------|--------------------------|--|
| NOVEMBER 2010 | Monthly Attendance Goal: | |
| START | | |
| MON NOV 1 | | |
| TUE NOV 2 | | |
| WED NOV 3 | | |
| THU NOV 4 | | |
| FRI NOV 5 | | |
| MON NOV 8 | | |
| TUE NOV 9 | | |

| | | |
|----------------------|--------------------------|--|
| DECEMBER 2010 | Monthly Attendance Goal: | |
| START | | |
| WED DEC 1 | | |
| THU DEC 2 | | |
| FRI DEC 3 | | |
| MON DEC 6 | | |
| TUE DEC 7 | | |
| WED DEC 8 | | |
| THU DEC 9 | | |

| | | |
|---------------------|--------------------------|--|
| JANUARY 2011 | Monthly Attendance Goal: | |
| START | | |
| MON JAN 3 | | |
| TUE JAN 4 | | |
| WED JAN 5 | | |
| THU JAN 6 | | |
| FRI JAN 7 | | |
| MON JAN 10 | | |
| TUE JAN 11 | | |

| | | |
|----------------------|--------------------------|--|
| FEBRUARY 2011 | Monthly Attendance Goal: | |
| START | | |
| TUE FEB 1 | | |
| WED FEB 2 | | |
| THU FEB 3 | | |
| FRI FEB 4 | | |
| MON FEB 7 | | |
| TUE FEB 8 | | |
| WED FEB 9 | | |

| | | |
|-------------------|--------------------------|--|
| MARCH 2011 | Monthly Attendance Goal: | |
| START | | |
| TUE MAR 1 | | |
| WED MAR 2 | | |
| THU MAR 3 | | |
| FRI MAR 4 | | |
| MON MAR 7 | | |
| TUE MAR 8 | | |
| WED MAR 9 | | |

PTA/PTO Members:

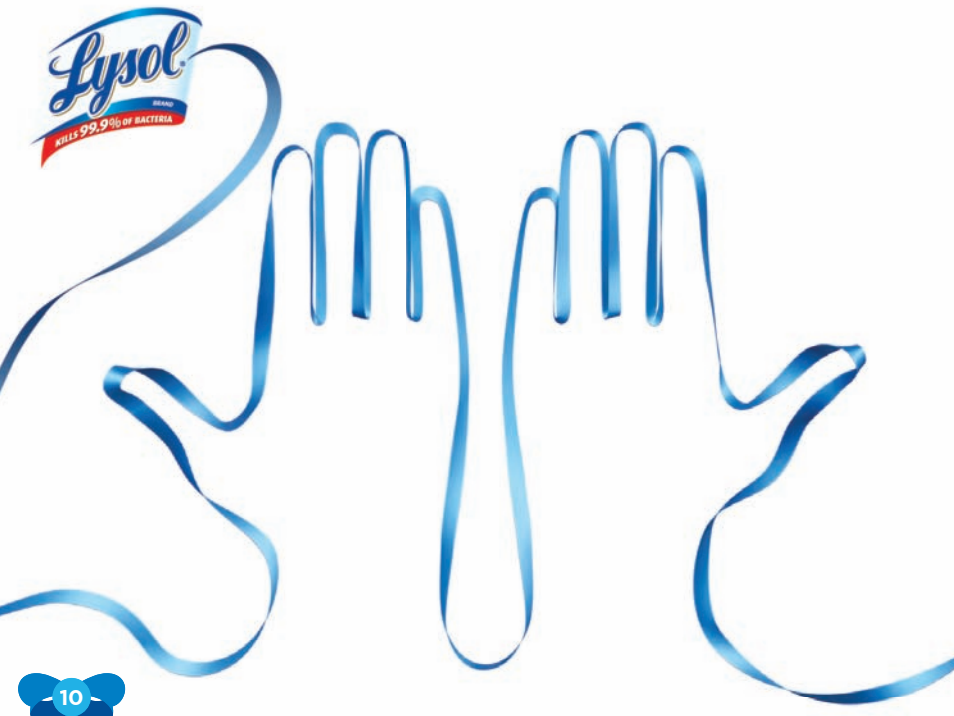
Our school has joined the **LYSOL® Mission for Health** which could **help us earn thousands of dollars for our school!** Parent participation is an important part of this initiative and **WE NEED ALL PARENTS** to join the effort.

The main goal of the **LYSOL® Blue Ribbon School Attendance Challenge** is to improve our student attendance rate this year. In fact, the school with the best attendance rate plus the best parent participation will **win \$20,000!**

To help motivate parents to participate, provide photocopies of the **Resources for Parents, Dear Parent** letter, and **Blue Ribbon Parent Pledge** to your families in your next mailing or in-person during your next meeting.

Let parents know they can help the school win much-needed funds by taking a few simple actions:

1. Ask parents to sign and return the **Blue Ribbon Parent Pledge** to your child's teacher today. The class is keeping track and the goal is 100% parent participation!
2. OR, direct parents to sign the **Blue Ribbon Parent Pledge** online. To do this, visit scholastic.com/blueribbonattendancechallenge, then follow the instructions to "Accept" the **Blue Ribbon Parent Pledge**.
3. Invite families to download and print valuable coupons from **LYSOL®** for products that will help families keep their home free from germs and their family healthy.
4. Let parents know how important it is for them to make an extra effort all school year to get their kids to school on time, every day.



Resources for Parents

Recommended Books



Germs Are Not For Sharing

by Elizabeth Verdick; illustrated by Marieka Heinlen
Achoo! Cough! F-L-U-S-H! What to do? Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! Child-friendly words and full-color illustrations help little ones stay clean and healthy. Includes tips and ideas for parents and caregivers.



I'm a Booger...Treat Me With Respect!

by Julia Cook; illustrated by Carson Cook
Boogie knows that most people think he's gross, and some people even call him a snot. But he doesn't feel bad because he helps teach children about health, hygiene, and how to keep from getting sick!



The Giant Germ

by Anne Capeci; illustrated by John Speirs
In this Magic School Bus Science Chapter Book (Book #6), Keesha learns that tiny things can have huge effects when she and her friends find themselves face-to-face with a giant germ. Before long, their picnic in the park turns into a tour of the world of microbes.



Achoo! by Trudee Romanek; illustrated by Rose Cowles
In this installment of the Mysterious You Series, readers discover some astonishing facts. Did You Know?

- In just eight hours, a single bacterium in your body can multiply to 17 million!
- The mucus membranes of the human nose and throat make nearly one cup of slippery, sticky snot every day.
- George Washington caught a cold and died — not from the illness but from the crazy mixture of “cures” that his doctors inflicted on him.

Helpful Links to Learn More About Germs

CDC Germ Stopper Resources

<http://www.cdc.gov/germstopper/resources.htm>

The CDC and its partner agencies and organizations offer a great deal of information for families about hand washing and other ways to stay healthy and avoid the germs that cause flu, the common cold and other illnesses.

CLEAN HANDS SAVE LIVES!

<http://www.cdc.gov/cleanhands/>

AN OUNCE OF PREVENTION

<http://www.cdc.gov/ounceofprevention/>

PREVENTING THE SPREAD OF GERMS

<http://www2.scholastic.com/browse/article.jsp?id=1453>

For a wealth of helpful germ-fighting content for families, **LYSOL.com** maintains a vast archive of actionable information. Try these links on **LYSOL.com** to help keep your home free from germs and your family healthy.

LYSOL'S® GERM INFORMATION CENTER

www.Lysol.com/healthy-families/cleaning-and-disinfecting

Access a FREE Healthy Habits Activity Booklet for Kids, plus many other helpful resources for moms.

LYSOL® BACK-TO-SCHOOL INFORMATION CENTER

www.Lysol.com/healthy-families/healthy-kids

Contests, tips, information, coupons and more at this must-visit Back to School Information Center.

HEALTHY FAMILIES www.Lysol.com/healthy-families

Important pointers to help protect your family from H1N1 (Swine Flu) and other harmful germs that can enter your home.

KIDZ ZONE www.Lysol.com/KidzZone

Resources to share with your children to help reinforce healthy habits.

OOPKIDS www.Lysol.com/OOPkids

Games, activities, puzzles and other fun things your child can do to learn important information about germs.



Dr. Jana's Blue Ribbon Healthy Tips

The **LYSOL®** brand has teamed up with Dr. Laura Jana, a pediatrician, author, mother of three school aged-children and owner of an educational child care center, to lend her expert advice to the program. Check out Dr. Jana's tips for a happy and healthy school year.

Serve Healthy Meals

Give kids plenty of high protein foods, fruits, vegetables and vitamins to give their bodies the defenses they need. A good breakfast is especially important to start their school day off right.

Regularly Disinfect Surfaces

Germs can spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.

Send School Germs Packing

Encourage your children to drop their book bags, take off their shoes and leave their coats at the door when they walk in. Send them straight to the sink to wash their hands for at least 20 seconds (long enough to sing *Happy Birthday* twice!).

Drink Fluids

Limit Sugary drinks. Offer water or milk to stay hydrated.

Cover Noses and Mouths

Show children how to do the “elbow” cough and sneeze (using their elbows to cover their mouths). Or, show them how to cover their mouths and noses with a tissue, then immediately throw it away and wash their hands.

Wash Those Hands

Teach your children about the importance of hand washing before every meal, after using the bathroom and after playing outside.

Dear Parent,

Our school has joined the **LYSOL® Mission for Health** to try and improve our student attendance rate this year. We have registered for the **LYSOL® Blue Ribbon School Attendance Challenge** at scholastic.com/blueribbonattendancechallenge AND can **win thousands of dollars for our school**, but **WE NEED YOUR HELP**. The cash prizes will go to the participating school with the best attendance AND best parent participation rates.

Here's how you can help us win much-needed funds for our school programs:

1. Sign and return the enclosed **Blue Ribbon Parent Pledge** to your child's teacher today. The class is keeping track and the goal is 100% parent participation!
2. OR, sign the pledge online. To do this, visit scholastic.com/blueribbonattendancechallenge, then follow the instructions to "Accept" the **Blue Ribbon Parent Pledge** online. The **LYSOL® Blue Ribbon School Attendance Challenge** entry is weighted 70% on monthly attendance, and 30% parent participation, so every pledge counts!

It is not always easy to get your child to school on time every day. There are many things that can get in the way — a missed bus, late morning, sniffles and even tears. **Our hope is that you make school the #1 priority for your child and that you do everything you can to make sure he or she comes to school healthy and ready to learn.** The choices you make every day can make a big difference to our school AND to your child's ability to learn and grow according to plan.

Our school is dedicated to academic achievement and success for all students. Regular school attendance is an integral part of that success. The result is improved academic skills and social and emotional growth for our students. We work very hard to ensure that your child receives the best education possible. We cannot do that if your child is not in school — on time, every day, when he or she is healthy. Please help us to provide your child with the outstanding education he or she deserves.

Thank you very much for your cooperation and participation in the **LYSOL® Mission for Health**. Please don't forget to sign and return the **Blue Ribbon Parent Pledge** or visit scholastic.com/blueribbonattendancechallenge to accept the **Blue Ribbon Parent Pledge** online.

For more information and details, visit scholastic.com/blueribbonattendancechallenge

Top 5 Tips for Perfect Attendance

1. Keep your morning routine organized and calm.
2. Make carpooling arrangements to share the school morning shuttle.
3. Plan trips during scheduled school holidays and vacations.
4. Arrange to have a back-up person available to take your child to school if you are ill or otherwise unable to do so.
5. Encourage good hand washing habits to keep illness at bay.



Dr. Jana's Blue Ribbon Healthy Tips

As a pediatrician and mother of three school-aged children, I know that one of my most important jobs is to get my kids to school on time. I take that job just as seriously as I do the job of enforcing car seat and seatbelt laws or dispensing proper doses of medicine when my kids are sick. It is not negotiable. It is just what you do. Kids need to go to school to learn. It is my job — every parent's job — to make sure they are healthy, well-rested and ready for school every day.

Take the Blue Ribbon Parent Pledge

Dear Parent,

As a keystone of the **LYSOL® Mission for Health**, your child is learning about healthy habits at school as part of the **LYSOL® Blue Ribbon School Attendance Challenge** presented by **LYSOL®** and Scholastic. **LYSOL®** is partnering with school leaders, teachers, students, parents and the community to provide students with education, resources and tools they need to stay healthy and succeed in school. Parent participation is required in order to make the **LYSOL® Blue Ribbon School Attendance Challenge** successful. By joining the challenge, you can also help your child's school win valuable cash prizes.

1. Read and sign the **Blue Ribbon Parent Pledge**.
2. **IMPORTANT!** Return the signed pledge to your child's teacher! Your child's class and school need your signed pledge to help win cash prizes totaling \$50,000.
3. OR, visit scholastic.com/blueribbonattendancechallenge to accept the online version of the **Blue Ribbon Parent Pledge**.
4. Download and print valuable coupons from **LYSOL®** for products to help keep your home free from germs and your family healthy.



Blue Ribbon PARENT PLEDGE

I pledge to keep my family healthy so that my child can be his/her best at school every day. By joining the LYSOL® Blue Ribbon School Attendance Challenge, I pledge to:

1. Understand that good attendance is a major component of my child's success at school.
2. Make school attendance a #1 priority all year long.
3. Get my child to school every day.
4. Teach my child to cough or sneeze into his or her elbow (or a tissue) instead of his hands.
5. Make sure my child tosses used tissues away.
6. Teach my child how to wash hands with soap and water — especially before snacks and meals.
7. Help my child get at least 60 minutes of physical activity most days.
8. Serve nutritious meals and snacks for healthy bodies.
9. Remind my child to brush teeth twice a day.
10. Keep scrapes and cuts clean.
11. Clean and disinfect surfaces at home.

If my child does get sick, I pledge to:

Keep my child at home until he or she feels better to avoid spreading germs to others.

I understand that signing this pledge is a commitment to helping my child stay healthy and practice healthy habits at home so that he or she can attend school regularly, be on time and be prepared to learn.

Student's Printed Name _____

Teacher/Grade _____

School Name _____

Parent/Guardian Printed Name _____

Signature _____

Date _____

**PLEASE RETURN THIS COMPLETED FORM TO YOUR CHILD'S TEACHER NO LATER THAN 3/31/2011.
TO SUBMIT YOUR BLUE RIBBON PARENT PLEDGE ONLINE, VISIT SCHOLASTIC.COM/BLUERIBBONATTENDANCECHALLENGE**



Blue Ribbon

CLASSROOM HAND WASHING SONG CONTEST

Enter the **LYSOL® Blue Ribbon Classroom Hand Washing Song Contest** for a chance to win **prizes worth \$12,500!** Contest begins **September 21, 2010.**

Create your own song to submit to the **LYSOL® Blue Ribbon Classroom Hand Washing Song Contest.** Songs can be original compositions or original lyrics to a tune in the public domain. You can also create a chant, clap-snap rhythm or rhyming rap to a catchy beat. Songs submitted for the contest must include the words: health or healthy, and germs. See examples of songs on the next page.

What You Can Win!

| | | | |
|---------------------|----------------|-----------------|-------------------|
| Grand Prize | \$5,000 | 3rd Prize | \$1,250 |
| 2nd Prize | \$2,500 | 15 runners up | \$250 each |
| Total prizes | | \$12,500 | |

How to Submit a Song

1. Create a song with your students and then videotape them performing the song.
2. Visit scholastic.com/healthyhands to upload your song video. Submit the song and complete entry form into the contest.

Once you enter your video in the contest, feel free to share your song lyrics as well as other creative ways you motivate students to wash their hands on the **LYSOL® Blue Ribbon Classroom Hand Washing Song Contest** message board.

Contest ends November 30, 2010.

Visit scholastic.com/healthyhands for full contest details and to enter your song by the November 30, 2010 deadline.



LYSOL® BLUE RIBBON HAND WASHING SONG CONTEST ABBREVIATED RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. The **LYSOL® Blue Ribbon Hand Washing Song Contest** (the "Contest") is open only to public and accredited private schools or home schools in compliance with the laws of the home school's state, are located in the 50 United States (including the District of Columbia) and which have students in grades PreK - 5th (a "School"). The Contest entries on behalf of the Schools shall be submitted by an authorized school official and/or teacher in a School, who is a legal resident of the United States, is currently over the age of 18 and is authorized by the School to participate in the Contest on behalf of the entering School and have students in PreK- 5th grades. The Contest begins **September 21, 2010, 12:00 a.m. EST** and all entries must be received by **November 30, 2010 11:59 p.m. EST.** To enter, the teacher/school official will have students create their own song and submit a videotape of that performance. Visit www.scholastic.com/healthyhands to upload the video and enter the Contest. The Grand Prize Winning School will receive \$5,000, the 2nd Prize Winner will receive \$2,500, the 3rd Prize Winner will receive \$1,250 and the 15 Runners Up will receive \$250 each. If the Grand Prize Winning School, the 2nd Prize Winner and/or the 3rd Prize Winner are a public, accredited private or home school with fewer than 75 children in PreK-5th grades, those Winners agree that they will designate an accredited public or private school with more than 75 children in PreK-5th or a government or non-profit child-focused organization in their community (collectively, the "Designated Winner"), to receive \$4,000 of the Grand Prize, \$1,500 of the 2nd Prize and \$250 of the 3rd Prize. (Approximate total retail value of all prizes: \$12,500). Void where prohibited or restricted by law. For Official Rules, visit www.scholastic.com/healthyhands



Sample Songs

TEACHERS: Use these sample songs for inspiration with your students. Then create your own song. Good luck and happy singing!

Healthy Habits Rap & Roll

I'm the water
I'm the soap
The germs don't have a single hope
Wash, wash, wash

I'm the elbow
I'm the sneeze
Stopping germs is such a breeze
Achoo, achoo, achoo

I'm the tissue
I'm the trash
Use—then toss—the germly stash
Toss, toss, toss

I'm the apples
I'm the cheese
Healthy snacks, if you please.
Yum, yum, yum

I'm the pillow
I'm the head
Together, we can rest in bed
Sleep, sleep, sleep

I'm the toothbrush
I'm the floss
Your teeth will shine when we're the boss
Brush, brush, brush

I'm the surface
I'm the squirt
We will clean the germs and dirt
Wipe, wipe, wipe



Soap & Hope We Win!

We're from P.S. 92
Here is what we love to do.

We lather, rinse, and scrub with soap
The germs don't have a single hope.

We want to win a ribbon blue
We're staying healthy all year too.

Strum the guitar, ring the bells
Can we win? Time will tell.

Don't get sick. Come to school.
P.S. 92, YOU RULE!

The 5 A Day Way Rap

Here's a little song where I can take the lead
I wanna eat the right kind of foods that I need
I'm countin' all my servings in a real cool way
I'm talkin' fruits and vegetables, 5 A Day!

1-2-3-4-5 A Day
That's the fruit and vegetable way
Eat 5 servings every day
Sing 5 A Dayyyy!

One! I grabbed a banana for my breakfast
Two! I ate a bunch of carrots for my lunch (Hey!)
Three! Felt a little hungry after school
An apple from the fridge and I'm on my way

Four! I had broccoli for dinner
Full of fiber with Vitamins C and A
Five! I needed just one more
Strawberries for dessert that's 5 A Day!

1-2-3-4-5 A Day
That's the fruit and vegetable way
Eat 5 servings every day
Sing 5 A Day! (repeat)

One! A glass of fruit juice for my breakfast
Two! And a tangy tangerine
Three! Had a salad at noontime
Tomatoes and carrots and lots of good greens

Four! I had spinach for my supper
I like it fresh or I like it steamed
Five! Please gimme some cauliflower
That's 5 A Day and that's what I mean!

1-2-3-4-5 A Day
That's the fruit and vegetable way
Eat 5 servings every day
Sing 5 A Day! (repeat)
Apple, banana, kiwis, grapes and beans
That's 5, you know that's 5

Grapefruit, orange, papaya, melon, tangerine
That's 5, you know that's 5

Broccoli, potato, celery, peppers, collard greens
That's 5, you know that's 5

Pineapple, mango, peaches, pears and nectarines
That's 5, you know that's 5

So that's the way it goes when you wanna eat right
Spread 'em all out from the morning 'till the night
Fresh or frozen, dried or canned
Just count 'em out loud, that's 5 A Day, man!

1-2-3-4-5 A Day
That's the fruit and vegetable way
Eat 5 servings every day
Sing 5 A Day! (repeat)
1-2-3-4-5 A Day





Blue Ribbon

MY HEALTHY HERO CONTEST

One of the best ways for students to learn is to follow the positive examples of others. Learning from people who model healthy habits makes it easier for children to adopt healthy habits too. When children are healthier, they are more likely to come to school every day, ready to learn.

Help your students nominate a teacher, administrator or other community member or motivational person who inspires them to stay healthy. Their healthy hero must be known for his or her contribution to staying healthy.

Contest Details

LYSOL® Blue Ribbon My Healthy Hero Contest submissions may be in the form of a written essay, drawing, or videotaped speech or presentation. (See the **Who Is Your Healthy Hero?** lesson on page 25 for guidance. Visit scholastic.com/healthyhero to access and print the lesson.)

The **LYSOL® Blue Ribbon My Healthy Hero Contest** runs from January 1 to March 31, 2011. **The classrooms with the winning submissions will receive valuable cash prizes for their school, and \$100 of Scholastic books for their classroom.** The winning **Healthy Heroes** will also receive \$100 of Scholastic books donated to their organization of choice. Visit scholastic.com/healthyhero for full details and to download valuable coupons from **LYSOL®** for products to help keep your classroom free from germs.

| | |
|---------------------|-------------------|
| 1st Prize | \$5,000 |
| 2nd Prize | \$2,500 |
| 3rd Prize | \$1,250 |
| 15 runners up | \$250 each |
| Total Prizes | \$12,500 |

What You Can Win!

Scholastic will donate \$100 of books to the classrooms with winning submissions, plus \$100 in books donated to the winning **Healthy Hero's** organization of choice.

LYSOL® BLUE RIBBON MY HEALTHY HERO CONTEST ABBREVIATED RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. The **LYSOL® BLUE RIBBON MY HEALTHY HERO CONTEST** (the "Contest") is open only to public and accredited private schools or home schools in compliance with the laws of the home school's state, that are located in the 50 United States (including the District of Columbia) and which have students in grades PreK - 5th (a "School"). The Contest entries on behalf of the Schools shall be submitted by an authorized school official and or teacher in a School, who is a legal resident of the United States, is currently over the age of 18 and is authorized by the School to participate in the Contest on behalf of the entering School and have students in PreK- 5th grades. Contest begins January 1, 2011, 12:00 a.m. EST and all entries must be received by March 31, 2011 11:59 p.m. EST. To enter, the teacher/school official will nominate on behalf of his/her class a teacher, administrator, other community member or motivational figure who inspires them to stay healthy and mail in his/her classroom's contest submission to: **LYSOL® BLUE RIBBON MY HEALTHY HERO CONTEST**, c/o Scholastic Inc., P.O. Box 711, New York 10012. For further entry details, please see the official rules. The Grand Prize Winning School will receive \$5,000, the 2nd Prize Winner will receive \$2,500, the 3rd Prize Winner will receive \$1,250 and the 15 Runners Up will receive \$250 each. Scholastic will also donate on behalf of the Grand Prize Winning School \$100 of books to the Grand Prize Winning School's Healthy Hero's school or charity of choice and donate \$100 of books to the classroom whose Healthy Hero is the subject of the Grand Prize Winning School's entry. Void where prohibited or restricted by law. For Official Rules, visit www.scholastic.com/healthyhero



My Healthy Hero by Dr. Laura Jana

Long before I knew that I wanted to be a pediatrician, I looked up to my mother as my Healthy Hero. My mom is a pediatrician and infectious disease expert. When I was growing up, she served as both Dean of a School of Public Health and as the head of the National AIDS Commission. Through her, I had the opportunity to meet many inspiring celebrities of the health world, including the polio vaccine pioneer, Jonas Salk, and to see how dedicated individuals (my mother included) could really impact the lives of many.

When I was in medical school, I also had the opportunity to meet one of the world's most beloved pediatricians, Dr. Benjamin Spock. I soon found myself working with Dr. Spock — reviewing materials and serving as a consultant for the seventh edition of his book, *Dr. Spock's Baby and Child Care* (1998). As a true Healthy Hero, Dr. Spock also significantly influenced my career. As a world-renowned pediatrician, he was both authoritative and humble. He knew how to listen and had the ability to both teach and learn from everyone he encountered. I admired Dr. Spock for his ability to understand kids and parents and to address their concerns with kindness and respect, and in his honor, I was proud to co-found a national parenting media company named after him.

Now that I, too, am a pediatrician, I try to emulate Dr. Spock's down-to-earth manner as I offer my own style of "reality parenting" based on sound advice. As my Healthy Heroes, I owe both Dr. Spock and my mom a big "thank you" for helping me settle into a career that I truly love, and which I believe will allow me to improve the health and well-being of children and their families.

Lesson Overview

It is great to share, but some things can spread germs if you share them. This sorting activity helps students identify everyday items that are either "OK to Share" or "Not OK to Share."

Skills & Objectives

- Sorts and classifies information into categories
- Knows that one's actions may affect others

- Knows potential health hazards and strategies for avoiding them

Healthy Habits Lesson

Fair Share

Materials

Enough copies of this activity for the class

Blue crayons, pens, pencils or markers

Lesson Extension

As a class, look around your classroom at items and try to sort them into things that are **OK to Share** and things that are **NOT OK to Share**. Bring in props, such as a straw, comb, stick of gum, lipstick or serving utensil to test students' understanding of the concept.



Directions:

1 Explain to children that germs are living things that can sometimes make us sick. Tell children that germs can live on many things even though we can't see them.

2 Talk to children about the ways that germs spread, such as not washing hands, and how to avoid sharing germs with classmates. Make sure children understand that they should never share items that touch their mouths, noses or eyes. Together, list some examples of things that are **OK to share** and things that are **NOT OK to share**.

3 To reinforce the concepts, photocopy and distribute the *Fair Share* worksheet for students to complete.

Wrap-Up

After students have completed the worksheet, name each item and ask children to call out if it is **OK to Share** or **NOT OK to Share**. Talk about why you might not want to share some items because they could carry germs that can make you sick.

Visit scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.

Draw a blue circle around the items that are **OK to Share**.
Draw a red X through the items that are **NOT OK to Share**.



HOME
connection

Consider sending the reproducible home if you choose not to use it in your classroom.

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Tips

Minimize the likelihood of spreading germs through contaminated surfaces by disinfecting commonly touched surfaces at the beginning and end of the day with a disinfecting spray.

Lesson Overview

Students create soap sculptures (using soap flakes and water) and then take their masterpieces home to practice healthy hand washing techniques.

Skills & Objectives

- Knows proper hand washing techniques
- Understands importance of washing hands to help keep germs away
- Experiments with a variety of textures in art
- Experiments with a variety of shapes in art
- Creates three-dimensional structures

Healthy Habits Lesson

Hand-made Soap Sculptures

Materials

- Soap Flakes
- Water
- Paper plates
- Old pencils, pens or other dull carving tools
- Tissue paper
- Ribbon

Lesson Extension

Practice the steps of proper hand washing with students:

1. Wet your hands with water.
2. Add soap.
3. Rub together to make bubbles.
4. Scrub between fingers and under fingernails.
5. Wash for 20 seconds.
6. Rinse your hands well.
7. Dry with a paper towel or air dryer.



In Advance:

- Explain to children that washing their hands with soap and water can help them stay healthy by removing germs that can make them sick.
- Review the steps of proper hand washing with students:
 1. Wet your hands with water.
 2. Add soap.
 3. Rub together to make bubbles.
 4. Scrub between fingers and under fingernails.
 5. Wash for 20 seconds.
 6. Rinse your hands well.
 7. Dry with a paper towel or air dryer.
- Next, tell children that they will be able to practice washing their hands using their own soap creations. Even if you can't do the soap activity, be sure to review the important steps to hand washing with your students.

Directions:

1 In a bowl, mix soap flakes with enough water to make it the consistency of dough. Separate the ball of dough so that each student receives a portion about the size of a tennis ball.

2 Encourage students to create very basic shapes or simple sculptures the same way they might mold clay. Students can also create traditional soap bar rectangles and then carve their initials or names on the bars once they have hardened.

3 While students are working, talk about how washing with soap and water helps kill germs that can make you sick. Explain that students will be able to use their soap sculptures to help keep them healthy.



4 Help students write their names on a paper plate and set their sculptures on the plates to harden overnight.

5 Give students an opportunity to carve details into their hardened sculptures with dull pencils or pens that have run out of ink. Be careful not to get soap shavings on the floor, which can make it slippery.

Wrap-Up

Help students wrap their finished soap sculptures in tissue paper and tie them with a ribbon to take home and practice good hand washing with their hand-made soaps.

Visit scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.

HOME connection

Consider sending the following note home with each student's sculpture:

Our class has been learning about healthy habits and practicing good hand washing skills at school. Please enjoy your child's hand-made soap sculpture and use it to reinforce good hand washing techniques at home. Teaching children about the importance of hand washing is a great way to help keep your family healthy.

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.

Dr. Jana's Blue Ribbon Healthy Tips

In addition to regularly washing hands with soap and water to help get rid of germs, regularly disinfecting commonly touched surfaces—both at home and in the classroom—at the beginning and end of each school day can help minimize the likelihood of spreading germs.



Lesson Overview

Understands the importance of routine healthy behaviors (e.g. washing hands).

Skills & Objectives

- Examines the importance of establishing healthy habits
- Develops a class list of healthy and unhealthy habits

- Discusses and defines the word “habit”
- Draws a picture of themselves performing a healthy habit on a blank paper apple to contribute to a large class tree

Healthy Habits Lesson

An Apple a Day

Materials

- Whiteboard and dry erase markers
- Bulletin board paper (brown and green)
- Construction paper (red)
- Copy paper
- Markers or crayons
- Scissors
- Stapler
- Sliced apples (optional)

Lesson Extension

After the lesson, share an apple snack with students, making sure they wash their hands first! Talk about the health benefits of fruits like apples and see how many different words students can come up with to describe the taste, look, feel, smell, and sound of apples.



Directions:

1 In advance, create a simple construction paper tree on your bulletin board using brown paper for the trunk and green for the tree top. Using the apple template on this page, cut out a red construction paper apple for each student in the class. (Students can help with this task to practice their scissor skills.)

2 Tell students that you are going to make a “Healthy Habits Tree” together.

3 Begin by talking about the word **habit** and how a habit is something that people might do every day.

4 Invite students to brainstorm examples of healthy habits, such as brushing teeth, washing hands, drinking milk, etc. Write everyone’s ideas on the board under the heading “Healthy Habits.”

5 Next, ask students to name a few unhealthy habits, such as drinking and eating too many sugary snacks, biting fingernails, forgetting to wash hands after going to the bathroom or blowing their nose, forgetting to wash hands before meals, etc.

6 Review the Healthy Habits list together and have each student draw a picture that shows them doing one of the healthy things on the list. Give students markers or crayons and squares of white paper cut

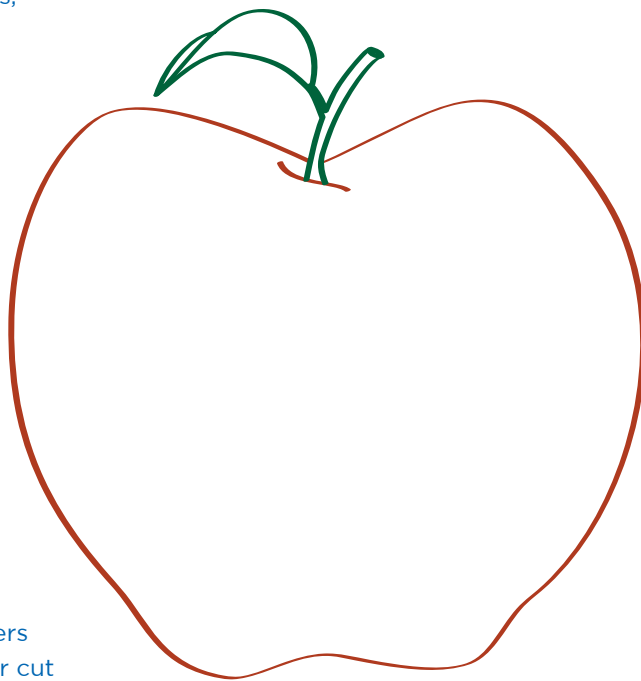
to fit nicely inside the construction paper apples for their drawings.

7 Help students glue their finished pictures onto a construction paper apple and then staple them onto your Healthy Habits Tree.

Wrap-Up

Once your tree is full of apples, be sure to review each picture with the class and label the healthy habits that they illustrate. The class can add new healthy habits to the tree as you think of them.

Visit scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.



Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Tips

It's really no surprise that the 100+ year-old Welsh proverb, “an apple a day keeps the doctor away” is still popular today, since apples are now known to provide plenty of vitamin C, antioxidants and fiber for good health.

Lesson Overview

Emphasize the importance of keeping shared surfaces clean with this activity that teaches students that germs can live on a surface that doesn't look dirty.

Skills & Objectives

• Knows that changes in the environment can have different effects on different organisms (e.g., some organisms survive and reproduce, others die)

• Knows ways in which a person can prevent or reduce the risk of disease
• Understand that the transfer of germs is the problem on surfaces that may look clean

Healthy Habits Lesson

Now You See It, Now You Don't

Materials

Spray bottle
Washable green paint
Disinfecting wipes

Lesson Extension

Repeat the demonstration with a spray bottle filled with clear water. Explain that even though students can't see the "germs" the way they could with the green spray, they may still be there.



Introduction:

What are Germs? Introduce the lesson by asking students to share what they know about germs. Record answers on the board then write down the definition for them:

Germs are tiny little living things called microorganisms, or bacteria, that are all around us. Germs are so small that you can not see them unless you use a microscope. Show pictures. Explain that some germs are actually good germs that help our bodies work properly. Many germs, though, can make us feel sick if they get into our bodies and cause an infection.

Make a list with the class of places where germs might live (e.g. noses, mouths, bathrooms, countertops, hands, telephones, doorknobs or any surface). Then, ask students how germs spread and make people sick (e.g. travels to a new person when an infected person touches a shared surface, breaths, coughs, etc.).

Discuss with students that we can prevent germs from spreading by keeping our hands and the surfaces we touch clean.

Directions:

1 Once students understand basic germs facts, try this demo: Fill a spray bottle with washable green paint diluted with water and pretend to sneeze while spraying some of the solution

onto a table top. Explain that the table has "germs" on it and invite half of the students to touch the table with their right hands to see if the germs get on them. Have those students shake hands with the other students in the class to see if the germs transfer from one person to another. Explain that this is what happens when we sneeze or cough into our hands and then touch an object. The germs get on the object.

2 Have everyone in the class clean their hands with soap and water for 20 seconds to wash the "germs" away and keep from spreading them.

3 Wipe the desk with a cleaning cloth or disinfecting wipe until it both looks and feels clean. Restate that the reason to keep the classroom clean and our hands clean is to reduce the chance that germs will spread from one place to another when we touch things.

Wrap-Up

Remind students that germs are so small that they can only be seen with a microscope.

Visit scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.

HOME connection

Students can try a similar demonstration at home to show family members the importance of washing hands properly with soap and water:

1. Rub some vegetable oil on hands.
2. Sprinkle cinnamon "germs" on oil-coated hands.
3. Wash hands with cold water. What happens?
4. Wash with warm water and soap for 20 seconds. What happens?

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Tips

Cleaning removes germs from surfaces, whereas **disinfecting** actually destroys them. Cleaning with soap and water to remove dirt and most of the germs is usually enough. But sometimes an adult needs to disinfect for an extra level of protection from germs. While surfaces may look clean, remember that invisible illness-causing germs can live on surfaces for hours or, in some instances, even days.

Lesson Overview

Students will learn about and discuss the importance of healthy habits, such as washing hands, eating fruits and vegetables, getting enough sleep, etc. and will participate in classroom activities where they identify the healthy choices and habits from not-so-healthy choices.

Skills & Objectives

- Understands the difference between healthy and unhealthy habits
- Decision-making skills
- Cites examples of healthy habits
- Communication skills

Healthy Habits Lesson

Every Day I...

Materials

Bulletin board

Tape

Healthy and Unhealthy Habits Sentence Strips

- I exercise for 60 minutes every day.
- I never eat breakfast.
- I brush my teeth every day.
- I floss my teeth every day.
- I use sunscreen.
- I watch 5 hours of television every day.
- I eat fruit every day.
- I wash my hands after I use the bathroom.
- I wash my hands after blowing my nose.
- I wash my hands before I eat.
- I go on walks regularly.
- I eat ice cream every night before I go to bed.
- I use the Food Pyramid to help make sure I eat right.
- I eat fried foods every day.
- I take a bath or shower regularly.
- I eat food quickly.
- I wear safety gear when I bike, skateboard or play sports.
- I wear a seatbelt when I am in the car.
- I eat green, orange and yellow vegetables.
- I eat fish on a regular basis.
- I drink soda with every meal.
- I add a lot of salt to my food.
- I read something I like every day.
- I play sports.
- I never exercise.

Directions:

1 Review use of present tense to talk about repeated, habitual actions. Review present tense conjugation of “I” form. Have each student say one thing they do every day: “I _____ every day.”

2 Introduce the lesson by saying, “We are going to discuss personal habits today. We will be deciding which habits are healthy and which are unhealthy.”

3 Divide the board in half and label the halves: Healthy Habits/Unhealthy Habits. Show students a sentence strip with a habit, e.g. “I eat ice cream for breakfast.” or “I don’t eat breakfast.” Students will decide whether that sentence represents a healthy or an unhealthy habit. Tape sentence strip to the appropriate side of the board.

4 Next have each student choose 2-3 sentence strips out of a bag, decide whether their sentences give a healthy habit or an unhealthy habit and tape them to the appropriately labeled half of the board. Go over results with whole class, moving sentences when necessary after discussion.

Wrap-Up

Define and rephrase the terms from the lesson: healthy habits, unhealthy habits. Do this by asking students to respond to the following questions: What are healthy habits? What are unhealthy habits? Can you give me an examples?

Visit www.scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.

Lesson Extension

Give students a blue ribbon for completing charts of three healthy things they do each day for a week.



SUNDAY

1.

2.

3.

MONDAY

1.

2.

3.

TUESDAY

1.

2.

3.

WEDNESDAY

1.

2.

3.

THURSDAY

1.

2.

3.

FRIDAY

1.

2.

3.

SATURDAY

1.

2.

3.

HOME connection

Have students discuss healthy and unhealthy habits with their family members. Does anyone at home smoke? Are family members active? Does everyone eat a healthy breakfast?



Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.

Dr. Jana's Blue Ribbon Healthy Tips

Teaching students the importance of eating a well-balanced diet that includes plenty of fruits and vegetables, whole grains, calcium and protein can help insure their growing bodies get the nutrients they need to stay healthy all school year.

Lesson Overview

Instead of “*Get Well*” cards, students create “*Stay Well*” cards for each other that illustrate ways to avoid getting sick.

Skills & Objectives

- Uses a variety of basic art materials (e.g., paints, crayons, pencils) to create works of art and express ideas and feelings
- Sets goals for improving daily life
- Uses skills and strategies of writing process to communicate ideas
- Understands that healthy habits can help them stay well

Healthy Habits Lesson

Stay Well Card

Materials

Whiteboard and dry erase markers

Card stock paper

Paint supplies, markers, colored pencils or crayons

Blue ribbon

Lesson Extension

If someone in your class gets sick, have the children create *Get Well* cards.



Directions:

- 1 Tell students that instead of traditional *Get Well* cards, you are going to create *Stay Well* cards for each other.
- 2 Invite students to brainstorm examples of healthy habits, such as brushing teeth, washing hands, eating fruits and vegetables, etc. that can help them stay well. Write everyone’s ideas on the board under the heading “*Stay Well* Card Ideas.”
- 3 Next, ask students to name a few unhealthy habits, such as drinking soda, skipping breakfast or forgetting to wash hands after playing with pets.
- 4 Review the *Stay Well* list together and have each student draw a picture that illustrates one of the *Stay Well* ideas on the list. Give students drawing supplies and card stock paper for their creations.
- 5 After the paintings or drawings are complete, children can add *Stay Well* wishes to their cards.

Wrap-Up

String the *Stay Well* messages up in your classroom by placing the folded cards over a length of blue ribbon tacked to your bulletin board.

Visit www.scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.



HOME connection

Send the **Blue Ribbon Parent Pledge** (see page 13 of **LYSOL® Blue Ribbon School Attendance Challenge Handbook**) home along with a *Stay Well* card signed by the whole class.

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Tips

According to the Centers for Disease Control, 22 million school days are lost every year due to the common cold. Show children how to do the “elbow” cough and sneeze (using their elbows to cover their mouths instead of their hands). Or, remind them to cover their mouths and noses with a tissue, immediately throw it away and then wash their hands.

Lesson Overview

Staying healthy is no mystery. Students will crack (and create) simple codes to reveal healthy habits messages about hand washing and other smart ways to stay well all school year.

Skills & Objectives

- Problem solving
- Knows basic personal hygiene habits required to maintain health (e.g., hand washing)
- Knows ways in which a person can prevent or reduce the risk of disease (e.g., practicing good personal hygiene)

Healthy Habits Lesson

Code Blue Ribbon

Materials

- Pencils and paper
- Copies of hint sheet (see below)
- Surprise treat (ice pops, watermelon, etc.)
- Access to a sink with soap and water

Lesson Extension

Have students research other codes and ciphers to try on classmates.



Directions:

1 Tell students that you have a surprise treat that you are going to keep secret until everyone in the class has decoded your secret message.

2 Discuss that throughout history, people have used different methods of coded systems to communicate. Cave dwellers used pictures to communicate with one another. Beginning in the mid 19th century, people used Morse Code to send telegraphs. Ancient and modern languages use symbols and letters to represent meaning. Today, high level encryption requires complex math and computers to create and break the secure codes.

3 Challenge students to see how quickly they can crack this simple code (1st number = left column, 2nd number = top row) and receive their surprise. Write the following on the board:

53 11 44 23 55 35 51 43 23 11 34 14 44

| KEY | 1 | 2 | 3 | 4 | 5 |
|-----|---|---|---|---|------|
| 1 | A | B | C | D | E |
| 2 | F | G | H | I | J |
| 3 | K | L | M | N | O |
| 4 | P | Q | R | S | T |
| 5 | U | V | W | X | Y, Z |

4 The solution to the cipher is, of course, “Wash Your Hands!” Once everyone in the class has scrubbed with soap and water, you can serve your special snack as a reward. Ask the class to tell you why hand washing before snacks and meals is so important.

Wrap-Up

Explain that your sneaky message was an attention-grabbing way to communicate a healthy habit message that students hear over and over again every day from teachers, parents and other caregivers. Talk about other uses for codes in everyday life.

- Policemen use an emergency code system to detail the particulars of crimes.
- Firemen use an emergency code system to detail the particulars of a situation.
- Doctors use codes in an emergency room to communicate quickly and efficiently with one another.
- A baseball player uses a code made of gestures to signal plays.

Visit www.scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** to download a **Success Certificate** to give to students when they complete the lesson.

HOME connection

Ask students to create a secret code with their families or caregivers. Leave a different healthy code for everyone in the family to follow each day. Urge them to try communicating healthy habits messages with this shared secret code by leaving notes:

- On lunch bags
- Under pillows
- Next to toothbrushes

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Tips

Doctors and other health professionals in the medical field use all kinds of codes to communicate. A Code Blue at a hospital sometimes indicates a medical emergency. In your classroom, why not designate a Code Blue Ribbon to mean a germ alert when hands or surfaces need some extra cleaning?

Lesson Overview

Students record the amount of time they spend on various daily routines. They graph all of their information and compare their habits with others in the class. Students use their graphs to discuss ways to improve overall health.

Skills & Objectives

- Collects, organizes, displays and analyzes data
- Develops and evaluates inferences and predictions based on data
- Identifies, creates and uses circle graphs to organize information
- Knows basic personal hygiene habits required to maintain health

Healthy Habits Lesson

Healthy Habits Time Tally

Materials

Graph paper
Colored markers,
crayons or pencils

Copies of chart
to the right

Lesson Extension

Have students continue to record and tally their habits for several days or weeks. Then have them identify trends and changes in their behaviors. Students can create circle graph and bar graph charts to share with their peers. (An example would be for a student to graph an increase in the amount of time spent exercising).



| Daily Activity: | Amount of Time Spent In A Typical Day (Rounded to nearest 15 mins.) |
|----------------------------|---|
| Washing hands? | |
| Exercising/playing sports? | |
| Showering or bathing? | |
| Reading? | |
| Doing chores at home? | |
| Relaxing? | |
| Brushing teeth? | |
| Flossing teeth? | |
| Watching TV? | |
| Playing outside? | |
| Attending school? | |
| Using telephone? | |
| Playing video games? | |
| Doing homework? | |
| Sleeping? | |
| Grooming hair? | |
| Other? | |
| Total Time | |

1 Directions:

Distribute copies of the **Healthy Habits Time Tally** worksheet to students and tell them that they are going to keep track of how much time they spend doing everyday tasks for 24 hours. As a class, discuss the items on the chart and brainstorm whether or not you should add any tasks. What about chores?

HOME connection

Have students fill out the following prompt and display it at home to help motivate them to reach their health goals.

My Blue Ribbon Health Goal is _____

2 Explain that after calculating the time they spend on different tasks for one day, students will create a circle graph to chart their habits.

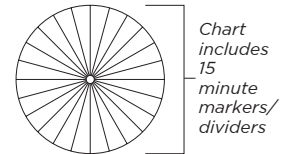


Chart includes 15 minute markers/dividers

To download chart, visit www.scholastic.com/blueribbonattendancechallenge

3 Have students create a color-coded key for the different categories of tasks. For example: Sleep—RED, School Attendance—ORANGE, Entertainment—PURPLE, Doing Homework—YELLOW, Physical Activity—GREEN, Personal Hygiene—BLUE

4 Have students graph and analyze their results and then compare them to their classmates' results.

Wrap-Up

Use the graphs to discuss daily habits and ways to improve overall health. Do students think they spend too much time on entertainment and not enough on physical activity? How might those habits affect their health and learning?

Visit www.scholastic.com/blueribbonattendancechallenge and click on **Healthy Habits Lessons** for a printable version of this activity and to download the lesson and a **Success Certificate** to give to students when they complete the lesson.

Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.

Dr. Jana's Blue Ribbon Healthy Tips

While water may work perfectly well for rinsing washable paints or marker off of your hands, it's important to teach children to always use soap and water to clean off germs before eating and after using the bathroom or playing outdoors.



Lesson Overview

Students write a five-paragraph essay about a person who is a role-model for healthy habits.

Skills & Objectives

- Understands the meaning of “habit”
- Understands the difference between “healthy” and “unhealthy” habits
- Understands the skills and strategies of the writing process

Healthy Habits Lesson

Who is Your Healthy Hero?

Materials

Pencils and paper

Lesson Extension

Have younger students draw a picture with three or four steps to tell the story of their **Healthy Hero**.

Have older students work on a 3 paragraph essay with a beginning, middle and end.

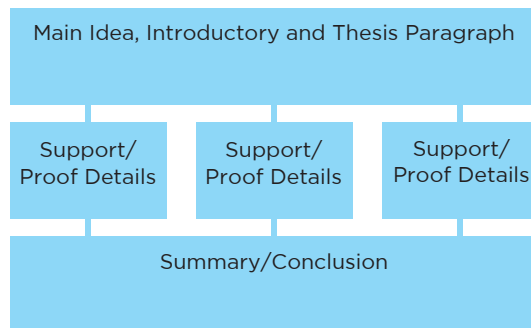


Directions:

1 Explain to students that they are going to write a five-paragraph essay about a person who they admire for promoting good health. Brainstorm qualities that might make someone a **Healthy Hero** and write students’ ideas on the board. Share the following acronym to get kids thinking about the kinds of things a **Healthy Hero** might do.

- H** – Has healthy habits
- E** – Encourages kids to be healthy by washing hands often
- A** – Asks kids to stay healthy so they can come to school ready to learn
- L** – Laughs and makes learning about healthy habits fun for kids
- T** – Teaches kids tips for how to be fit and stay healthy all year
- H** – Helps keep the school clean and germ free
- Y** – Young people admire this person

2 Review the parts of a five-paragraph essay with students and give them the following graphic organizer to create a first draft about their **Healthy Hero**.



Source: <http://www.teachervision.fen.com/graphic-organizers/printable/43086.html>

3 Guide students through all the steps of the writing process: pre-write, draft, revise, edit and publish.

The Writing Process

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Pre-writing: think, plan and organize your ideas |
| <input type="checkbox"/> | Drafting: write your idea out for the first time |
| <input type="checkbox"/> | Revising: change the writing around to make it better |
| <input type="checkbox"/> | Editing: check your spelling, punctuation and grammar |
| <input type="checkbox"/> | Publishing: make the final copy and share it with others |

Wrap-Up

Help your students enter their final essays in the **LYSOL® Blue Ribbon My Healthy Hero Contest** for a chance to win prizes totaling \$12,500. See page 27 of the **LYSOL® Blue Ribbon School Attendance Challenge Handbook** or visit scholastic.com/healthyhero for details.

Visit scholastic.com/blueribbonattendancechallenge to download a **Success Certificate** to give to students when they complete the lesson.

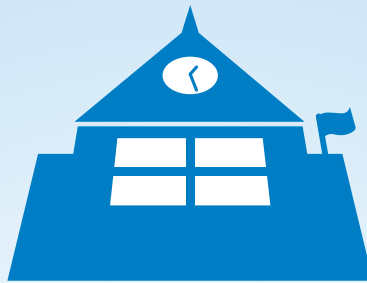


Dr. Laura Jana is a mother of three children, a board certified pediatrician, and owner of an educational childcare center.



Dr. Jana's Blue Ribbon Healthy Advice

Be a good role model—if you need to cough or sneeze, especially in public, use your elbow to trap the germs rather than your hands in order to prevent spreading germs to the next surface you touch.



Is Your School a Blue Ribbon School?

Enter any of these **LYSOL® Blue Ribbon contests** for a chance to win **thousands of dollars for your school**. Dozens of prizes awarded, totaling **\$75,000!**

For official rules and to register visit scholastic.com/blueribbonattendancechallenge

LYSOL® Blue Ribbon School Attendance Challenge

October 1, 2010 - April 1, 2011

Submission deadline: no later than 4/1/2011

Encourage healthy habits to promote school attendance. Prizes are awarded to the school with the best attendance plus best parent participation.

| | |
|---------------------|--|
| Grand Prize | \$20,000 plus a Blue Ribbon School Event with Dr. Laura Jana at winning school in May 2011 |
| 2nd Prize | \$10,000 |
| 3rd Prize | \$5,000 |
| 15 runners up | \$1,000 each |
| Total Prizes | \$50,000 |

Good luck and thanks for doing your part to keep your students and staff healthy all year long!

CHECKLIST

- Photocopy and distribute materials to teachers and PTA/PTO members to acquaint them with the **LYSOL® Blue Ribbon School Attendance Challenge**
- Make sure teachers incorporate the **Healthy Habits Lessons** into their wellness curriculum
- Have parents sign and return the **Blue Ribbon Parent Pledge** or invite them to submit the **Blue Ribbon Parent Pledge** online at scholastic.com/blueribbonattendancechallenge
- Follow up with teachers' attendance tally each month and keep an ongoing attendance log for your school. Track attendance through March 31, 2011
- Mark April 1, 2011 on your calendar as the deadline to submit your **LYSOL® Blue Ribbon School Attendance Challenge** entry



LYSOL® *Blue Ribbon Classroom Hand Washing Song Contest*

September 21, 2010 – November 30, 2010
Submission deadline: 11/30/2010

Create a class song using the words: health or healthy, and germs, and upload your song for a chance to win for your school.

| | | | |
|---------------------|----------------|-----------------|-------------------|
| Grand Prize | \$5,000 | 3rd Prize | \$1,250 |
| 2nd Prize | \$2,500 | 15 runners up | \$250 each |
| Total Prizes | | \$12,500 | |

CHECKLIST

- Photocopy and distribute contest sheet and sample song list to teachers
- Instruct teachers to visit scholastic.com/healthyhands for full rules, and to submit their contest entry
- Have teachers videotape their class' song performance and upload their contest entry to scholastic.com/healthyhands
- Have teachers mark November 30, 2010 on their calendars as the deadline to enter the **LYSOL® Blue Ribbon Classroom Hand Washing Song Contest**



LYSOL® *Blue Ribbon My Healthy Hero Contest*

January 1, 2011 – March 31, 2011
Submission deadline: 3/31/2011

Nominate a teacher, administrator, or other community member who inspires students to stay healthy and germ free and win for your school.

| | | |
|---------------------|-------------------|---|
| Grand Prize | \$5,000 | Scholastic will donate \$100 of books to the winning My Healthy Hero's school or charity of choice, and \$100 of books to the classrooms whose My Healthy Hero entry is selected as the winner. |
| 2nd Prize | \$2,500 | |
| 3rd Prize | \$1,250 | |
| 15 runners up | \$250 each | |
| Total Prizes | \$12,500 | |

CHECKLIST

- Photocopy and distribute contest sheet and **Who Is Your Healthy Hero?** lesson to teachers or download lesson at scholastic.com/healthyhero
- Make sure that teachers upload their **Healthy Hero** nominations to scholastic.com/healthyhero by March 31, 2011
- Visit scholastic.com/healthyhero to download valuable coupons from **LYSOL®**





We do more not just because we can, but because we must.

Health matters. To all of us. That's why we've started the Lysol Mission for Health. And it extends from our homes to our communities and beyond. With new mom programs, healthy habits initiatives in schools and disaster relief efforts, we are dedicated to doing more for health. Our mission is fueled by passion and backed by our expertise in killing germs. So when you use Lysol at home, you'll know you're a part of something bigger. Join us.



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Visit the **LYSOL® Blue Ribbon School Attendance Challenge** family of sites to learn more or enter the promotions. scholastic.com/blueribbonattendancechallenge | scholastic.com/healthyhands | scholastic.com/healthyhero