

**Employability Standard**  
**Level 4**  
**Group Wellness and Safety Plan**  
April 28, 2015

**Wellness**

- A. Student will exhibit good hygiene.
  - Brush teeth daily
  - Wash hands when appropriate
  - Cover mouth when coughing
  - Wear shoes in school
  
- B. Student will understand healthy lifestyle.
  - Understand the benefits of good nutrition
  - Understand the benefits of sufficient sleep
  - Participate regularly in exercise

**Safety**

- A. Student will have knowledge of harmful substances.
  - Recognize the following items as potentially harmful:
    - Medications
    - Household Items
    - Fuel/gas
    - Paint
  
- B. Student will have knowledge of safety principles.
  - Recognize the need for caution when confronted with the following:
    - Guns
    - Water
    - Fire
    - Electricity
    - Wild Animals
  - Understand procedures to prepare for emergencies and natural disasters
  
- C. Student will understand personal safety skills.
  - Understand the concept of inappropriate touching
  - Know how to report inappropriate touching