

High School students teach the importance of hand washing

More than two-thirds of school-aged children here in the United States missed school in the past 12 months due to illness or injury! That illness was probably the common cold! More than 160,000 people here in the USA die yearly from an infectious disease. These two statistics alone can be cut drastically if all ages of individuals were more careful about hand washing.

Hand washing and basic hygiene is learned in early childhood. But everyone including children need to be reminded about basic hand washing. The FACS 9 & 10 students worked on their peer education project and brought it the Fulda elementary students this week. Each group of FACS 9 & 10 students was responsible for researching and planning the teaching for the grade they were given. The whole premise was to "Clean Up Germ City"! After all, germs lurk everywhere, on

every surface and cannot be seen.

Elementary students in grades Kindergarten through grade 6 attended hand washing sessions taught by the high school students. The day's activities focused on a game theme-sometimes a game of tag and other times a board game. All students learned about the key times that one's hands needed washing and the 5 steps of washing your hand correctly. Of course the most fun was hearing the elementary students singing the Happy Birthday song twice-the required length of time one should wash your hands. It was also important to remind students that hand sanitizers can be helpful when soap and clean running water are not available.

Another teaching technique was to show the younger children how far germs spread from just one sneeze. Using baby powder placed on her hand, one of the high school



FULDA FREE PRESS/Norma Dittman
Sierra Murphy and Emma Chepa teach the younger students the correct steps of hand washing.



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Lynneigh Vorman, Amber Breuker and David Froderman presented their information to an older class.



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Elementary students covered their hands in baby powder and are shaking hands with fellow students and Mrs. Brake. It demonstrates how quickly the germs are spread.



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Amber Breuker conducts a board game with the second grade class. By playing it on the floor the students got to shake the dice and move around the board pieces.

students faked a sneeze and baby powder flew all over. The children were surprised! Of course, using glow germ powder and a black light was another effective way to demonstrate how difficult it is to get one's hands clean. Several children went back twice to try to get their hands even cleaner. One of the other cool activities was when vegetable oil was mixed with cinnamon and placed in a squirt bottle. Placing a drop of that oil on the children's hands was even more difficult to wash off! The elementary children also took home color sheets, word finds, word scrambles and dot to dot sheets. These they could share with their parents. Just one more way to get the word out to everyone, young and old, that hand washing is very important.

What can you the reader do to help cut down on spread the of germs? Wash your hands and spread the word to everyone you know. Please help "Clean Up Germ City"!



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Kindergarten students, Drew Slaathaug and Avery Winter enjoy a game of freeze tag. Avery is the germ and when she tagged other students they had to freeze and could only be unfrozen when a germ free students tagged them. What Fun!!!!