

# Health Education



Be the Best You Can Be

Arianne Buzzard

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# Comprehensive School Health Education

Comprehensive School Health Education program addresses the target 6 youth health risk behaviors, promotes the development of protective factors, supports healthy outcomes through developmentally appropriate K-6 curriculum and instruction and is a vital component of the coordinated approach in addressing the wellbeing of children and youth.

# Content Areas

- Health Content derived from:
  - National Health Education Standards
  - Achieving Health Literacy

# CDC and DASH

- Five Youth Health Risk Behaviors
  - Tobacco use
  - Alcohol/ other drug use
  - Behaviors that contribute to Intentional/Unintentional injuries and violence
  - Inadequate physical activity
  - Unhealthy dietary behaviors

# Units of Study

- Injury Prevention and Personal Safety (Water)
- Nutrition
- Function of the Body
- Growth & Development
- Disease and Illness Prevention
- Substance Abuse Prevention
- Community Health & Safety
- Mental and Emotional Health
- Environmental and Consumer Health
- Physical Fitness

# Schedule

- K-6
  - 30 min per cycle

# Recent Changes

- Statewide K-12 Sexual Assault & Abuse Prevention & Awareness

# Additional

- Grade 6:
- CPR
- Heimlich Maneuver



# Building Community through Health

- School Kick Off Walks
- Field Day
- Fitness Room/Core training ( stamina, Cardiovascular Endurance, growth over time)
- Building Physical Fitness Assessment modeling and skills to succeed
- National Lunch Week K-6
- National Bullying/Cyberbullying
- National Water Safety
- Cafe TV presentations

# Critical Components

- Students ability to:
  - Learn
  - Achieve
  - Succeed