

K- 12 Health Curriculum



Presentation to School Committee
March 14, 2017

Agenda

1. Why work on K - 12 Health Curriculum?
2. Five Step Process for Curriculum Review & Adoption
3. Preliminary Work
4. Screening and Planning
5. Teacher Input
6. Content Recommendation
7. Implementation Plan



Why review Health Curriculum?

Massachusetts Comprehensive Health Curriculum Framework



- + Framework is from 1999.
- + Unlike the other areas that have been reviewed, there is no new Framework.
- + Unlike other curriculum areas, there is law in Massachusetts that govern some of the content taught in health.

October, 1999

Why Review Health Curriculum?

Enhance Content, Skills & Pedagogy

- + Outdated Curriculum Materials (esp. K - 5)
- + Add More Drug Use & Abuse (Nationwide Opioid Crisis)
- + Stress Reduction/
Mindfulness
- + Gender Expression
- + Respond to YRBS
- + Depth over Breadth
- + Skills Based Approach

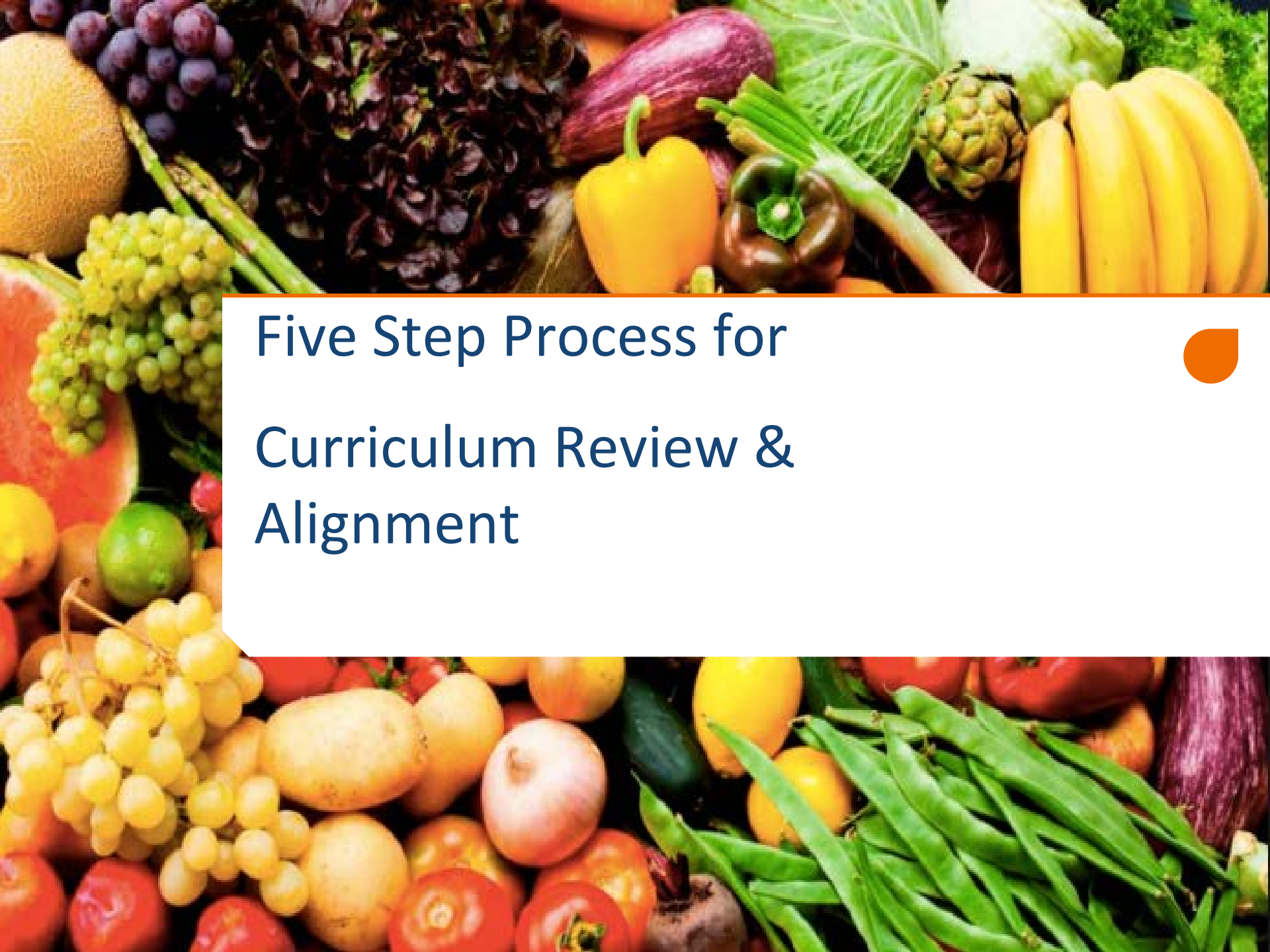


What is a “Skills Based Approach?”

There is so much information available now and it is changing so rapidly, that a new goal of health education is to teach students skills to navigate an ever changing world. These skills include: **goal setting; research; decision making; and, advocacy.**



The skill development model is: 1) skill introduction & why is it relevant; 2) present the steps of the skill; 3) modeling the skill; 4) practice; 5) feedback and reinforcement.



Five Step Process for Curriculum Review & Alignment



Five Step Process for Curriculum Review & Adoption

1. Preliminary Work
2. Screening and Planning
3. Teacher Input
4. Content Recommendation
5. Implementation Plan

Process for Curriculum Review & Adoption



- + Works for any subject area
- + Would be adjusted depending on nature of subject area
- + All subjects aligned with MA Frameworks
- + Need to work with K - 12 subject area alignment



Step #1: Preliminary Work



Step 1: Goals

Articulate K – 12 vertical Health program

Check for alignment with current Health Framework (look for gaps and redundancy)

Value depth over breadth

Use data from Youth Risk Behavior Survey to inform our thinking



Step 1: Committee Members

Elementary - Beth Murphy (Thoreau K – 5 PE/Health ESC Rep), Johanna Ellis (Thoreau, grade K); Julee Vitello (Willard, guidance counselor); Michelle Wilson(Alcott, grade 5); Liz Merrill (grade 1 - Willard); Meg Jensen (Thoreau nurse); Sue Howard (Thoreau Technology)

Middle School - Bernie Wenstrom (CMS, health); Maria McDermott (CMS, health/FACS:Family & Consumer Sciences); Jen Moran (CMS – counselor);

High School - Nancy Slocum (CCHS, dept. chair); Andrea Gillis (CCHS, health teacher); Josh Reed(CCHS , health teacher); Alison Nowicki (CCHS, guidance);

District Administration - Kristen Herbert (Director of Teaching and Learning); Lynne Beattie (Digital Learning Administrator)

Townwide for Concord and Carlisle - Jennifer Clarke (Concord Carlisle Youth Services) and Jill Block (Healthy Concord)

Step 1: Meetings

Meeting Times:

Meeting 1: Wed, April 27, 3 pm - 4:30 pm

Meeting 2: (Thurs, May 19, 3 - 4 pm)

Meeting 3: (Thurs, August 11, 12 - 7 pm)

Meeting 4: Monday, November 28, 2:00-4:00

Meeting 5: Monday, March 6, 1:30 - 3:30

additional meetings by level (elementary, middle, high)



Step #2:

Screening and Planning



Understanding Content in Framework

Physical Health Strand

Growth & Development, Physical Activity & Fitness, Nutrition, Reproduction/Sexuality

Social & Emotional Health Strand

Mental Health, Family Life, Interpersonal Relationship

Safety & Prevention Strand

Disease Prevention & Control, Safety & Safety and Injury Prevention, Tobacco, Alcohol, and Other Substance Use/Abuse Prevention, Violence Prevention

Personal & Community Health Information Strand

Consumer Health and Resource Management, Ecological Health, Community and Public Health

Getting Baseline of Content Taught

Examining Unit Plans in Atlas



Chart of Topics Currently Explored

Physical Health Strand
-Growth & Development, Physical Activity & Fitness, Nutrition, Reproduction/Sexuality

Social & Emotional Health Strand
-Mental Health, Family Life, Interpersonal Relationship

Safety & Prevention Strand
-Disease Prevention & Control, Safety & Safety and Injury Prevention, Tobacco, Alcohol, and Other Substance Use/Abuse Prevention, Violence Prevention

Ex makes body stronger, heart healthier, brain smarter (PE)

Exercise elevates mood/good attitude (PE), Open Circle Curriculum , All About Me, Families, Baby

safety first (PE), Disease Prevention (with sch Nurses) Fire Safety (Concord Fire Dept.)



Step #3

Teacher Input



Health Committee Discussions

- + Survey teachers on what is currently taught and compare to the MA Framework
- + Deciding what to keep, what to discard, and what to tweak



Feedback Loop with Other Teachers

- + Committee members present proposals to teachers they are representing to get feedback
- + Committee members report back to Committee





Step #4:
Decision on Which Content to
Recommend



Curriculum Units

Proposed by Health Committee

Black - Existing Unit

(keep as is)

Blue - Tweak Existing Unit

Red - New Unit

(may be developed by teachers or a published curriculum)



Kindergarten - Grade 2

Curriculum Units Proposed by Committee

Kindergarten -

Physical Activity, Fitness, and Wellness; [All About Me](#); [Families](#); Digital Citizenship; Self Regulation; Disease Prevention (with Nurses); Fire Safety (Concord Fire Department); [Communities](#); Weather & Climate (from Science); [Personal Safety](#); Bullying Prevention

First Grade -

Physical Activity, Fitness, and Wellness; [Nutrition](#); Digital Citizenship; [Mental Health - Coping Strategies and Mindfulness](#); [Interpersonal Relationships](#); Disease Prevention; [Violence Prevention](#) Bullying Prevention;; [Substance Use & Abuse](#); [Personal Safety](#);

Second Grade -

Physical Activity, Fitness, and Wellness; Digital Citizenship; [Mental Health - Coping Strategies and Mindfulness](#); [Interpersonal Relationships](#); Disease Prevention; [Violence Prevention](#); Bullying Prevention; [Tobacco Use & Abuse](#); (move life cycle to grade 3 science)

+ [update Open Circle](#)

Grades 3 - 5

Curriculum Units Proposed by Committee

Third Grade -

Physical Activity, Fitness, and Wellness; **Family Life and Roles**; Digital Citizenship; **Mental Health - Coping Strategies and Mindfulness**; **Interpersonal Relationships**; Disease Prevention; **Violence Prevention**; Bullying Prevention; **Interdependent Relationships in Ecosystems & Life Cycles (in science)**

Fourth Grade -

Physical Activity, Fitness, and Wellness; **Growth and Development (puberty)**; **Reproduction/Sexuality I (puberty)**; Digital Citizenship; **Mental Health - Coping Strategies and Mindfulness**; **Interpersonal Relationships**; Disease Prevention; **Violence Prevention**; Bullying Prevention; **Matter and Energy in Ecosystems (in science)**

Fifth Grade -

Physical Activity, Fitness, and Wellness; **Reproduction/Sexuality II (puberty)**; Digital Citizenship; **Mental Health - Coping Strategies and Mindfulness**; **Interpersonal Relationships**; Disease Prevention; **Violence Prevention**; Bullying Prevention; **Environment Unit (in science)**

- [update Open Circle](#)

Concord Middle School (Grades 6 - 8)

Curriculum Units Proposed by Committee

Sixth Grade -

Four Components of Health (social, physical, emotional, intellectual); Decision Making; Conflict Management; Bullying Prevention; **Gender Expression**; Diversity, Stereotyping, and Prejudice; Communication: **Substance Use and Abuse**, Managing Stress

Seventh Grade-

Physical, Emotional, Social, and Intellectual Changes; **Mental Health**; Stress Management and Relaxation Techniques; **Mindfulness**; Health Research Presentations; Reliable Sources of Health Information; Food and Kitchen Safety; Nutrition & Food Preparation; ; Prevention of Bullying & Sexual Harassment; **Gender Expression**; **Medications: Use and Abuse**

Eighth Grade-

Four Components of Health; Self-evaluation; Stress Management; **Mental Health**; **Substance Abuse Prevention**; Human Sexuality, Gender Expression ,Bullying Prevention

Concord Carlisle High School (9 - 10)

Curriculum Units Proposed by Committee

Ninth Grade-

Growth and Development; Healthy Relationships/Teen Dating; Physical Activity; Lifetime Fitness Activities, Gender Expression; Nutrition; Reproduction/Sexuality; Mental Health (depression unit); Coping with Stress (Mindfulness, Yoga, Meditation); Substance Use and Abuse (emphasis: marijuana and multi-drug use); *

Tenth Grade-

Growth and Development; Physical Activity; Coping with Stress (Mindfulness, Yoga, Meditation); Substance Use and Abuse (emphasis: E-cigarettes and vaping);

* All units subject to review and revision based on reduction of grade 9 contact time from 3 meetings a week to 2 to allow for students to take other electives

Concord Carlisle High School (11-12)

Curriculum Units Proposed by Committee

Eleventh Grade -

Growth and Development; **Physical Activity; Lifetime Fitness Activities**, Utilizing Profile Fitness Data to Develop a Personal Fitness Program, Teen Dating Violence Prevention; **Mentors in Violence Prevention; Coping with Stress (Mindfulness, Yoga, Meditation); Substance Use and Abuse (emphasis: opioids);**

Twelfth Grade -

Senior Wellness Project: Completion of Self-Developed Independent Personal Fitness Program.

* All units subject to review and revision based on reduction of grade 9 contact time from 3 meetings a week to 2 to allow for students to take other electives



Step #5: Implementation Plan



Implementation Plan for 2017-2018 School Year

- + Purchase published curriculum plan
- + Curriculum development plan
- + Training plan
- + Plan for communication with parents



Concord Elementary (Grades K - 5)

Published Curriculum Review - Spring 2017

Pilot Teachers Express Interest to Teach 2017-2018

Materials Adopted for 2018-2019

Content revised by grade level teachers & specialists

(over 2 or 3 years)

Curriculum Writing Summer work and AP days

Training plan by grade levels



Concord Middle School (Grades 6 - 8)

Review of Published Curriculum (Spring 2017)

Pilot Published Curriculum (Fall/Winter 2017-2018)

Content revised by departments

Curriculum writing Summer work

Training plan by department



Concord Carlisle High School (9-12)

Content revised by departments

Curriculum Writing Summer work and AP days

Training plan by department



Partnerships

Carlisle Public Schools
Services

Wellesley Centers for Women
Community Education

Concord Board of Health

Carlisle Board of Health

Concord Police Department
referral service

Carlisle Police Department

Boston Police Department

Concord Recreation Department

Carlisle Recreation Department
Violence Prevention

Concord-Carlisle Community Chest

Dr. Deborah Simon, School Physician

Concord Carlisle Youth

Concord-Carlisle Adult &

Emerson Hospital

Challenge Success

William James College INTERFACE

Center for Parents and Teachers

REACH Beyond Domestic Violence

AIDS Action Committee

Northeastern University - Mentors in

Concord Fire Department

YRBS



Questions? Comments?