

Improving K-12 Health Education

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New York State Health-related Requirements

Section 135.1 (j)

Health education means instruction in understandings, attitudes and behavior in regard to the several dimensions of health. This instruction relates to alcohol, tobacco, and other drugs, safety, mental health, nutrition, dental health, sensory perception, disease prevention and control, environmental and public health, consumer health, first aid, and other health related areas.

Section 135.3 (b)

The elementary school shall include a sequential health education program for all pupils, grades K-6. Health education in the elementary school shall be taught by the regular classroom teachers or a certified health teacher.

The **secondary school** curriculum shall require health education for all pupils. In the junior high school grades, provision shall be made for a separate one-half year course and in the senior high; provision shall also be made for an approved one-half unit course. Health education shall be taught by teachers holding a certificate to teach health.

Section 135.3 (b)

The **secondary school** curriculum shall require health education for all pupils.

Provision shall be made for a separate one-half year course in junior high school grade

Provision shall also be made for an approved one-half unit course in senior high grades.

Health education shall be taught by teachers holding a certificate to teach health.

NYS Learning Standards for Health

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

Health Education Skills

Self-Management

Relationship Management

Advocacy

Stress Management:

Communication

Decision Making

Planning and Goal Setting

Advocacy

Functional Knowledge

Physical Activity and Nutrition

HIV/AIDS

Sexual Risk

Family Life/Sexual Health

Tobacco

Alcohol and Other Drugs

Unintentional Injury Prevention

Violence Prevention

There are currently 45 health education topics that are either mandated, required by law, or highly recommended.

For example, recent NYSED initiatives include

Erin's Law;

Sepsis Information;

School Mental Health Education;

Social Emotional Learning Benchmarks;

Tick and Tick-Borne Disease;

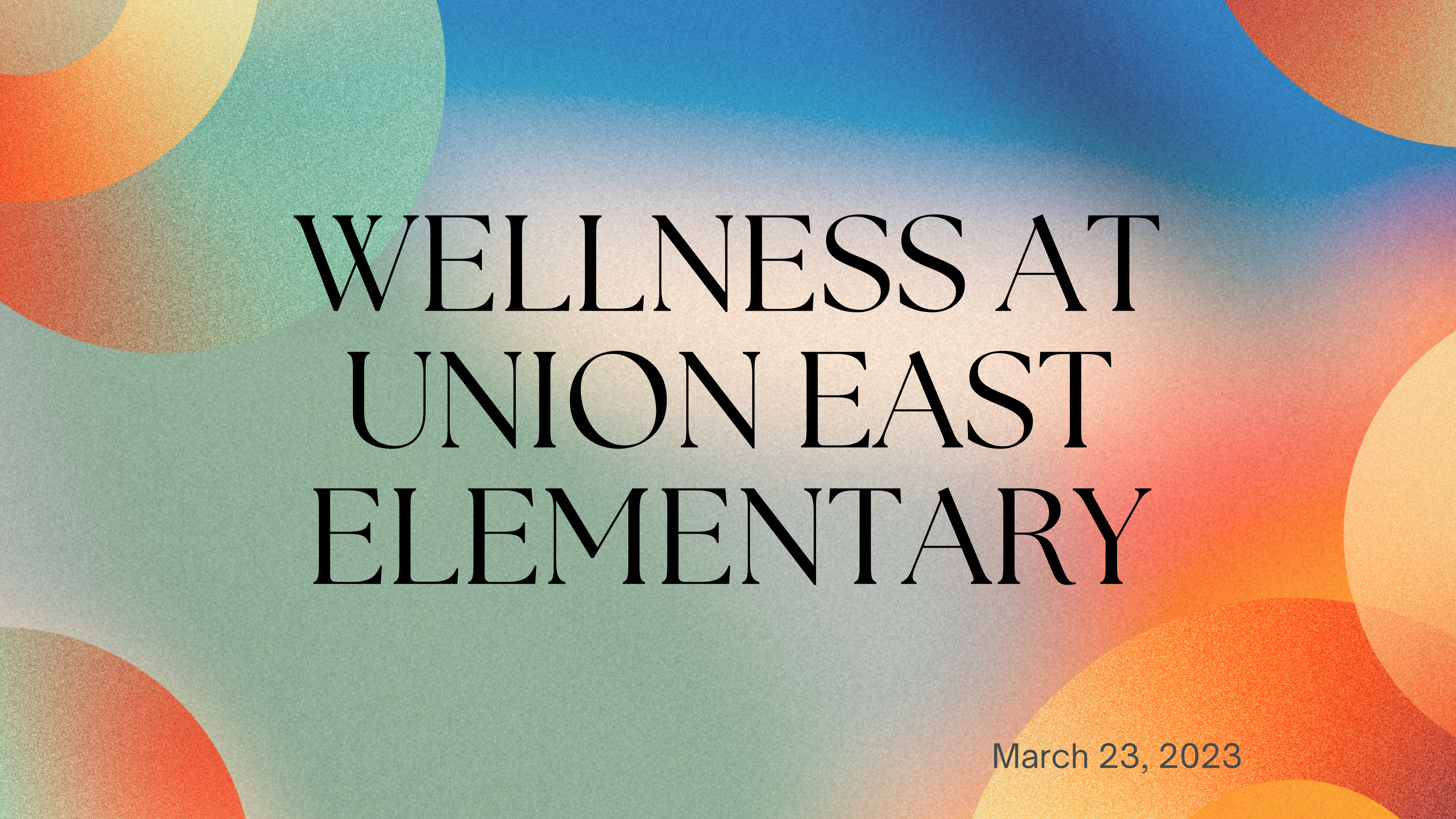
Organ and Tissue Donation.

Conduct a Health Education Audit

Health Education Curriculum Analysis Tool (HECAT)



The **Health Education Curriculum Analysis Tool (HECAT)** is an assessment tool developed by the Centers for Disease Control and Prevention in partnership with health education experts from state and local education agencies, schools, colleges and universities, and national organizations.



WELLNESS AT UNION EAST ELEMENTARY

March 23, 2023



Let's Get
Moving!



Mrs. Hickson
PE



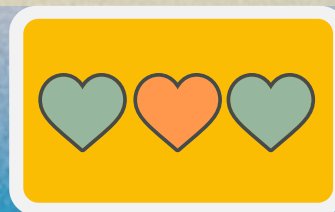
Mrs. Pasini
Grade K



Mrs. Kensy
Spec. Edu.

INTRODUCING OUR WELLNESS COMMITTEE

The Wellness Committee at Union East began in the fall of 2022 and currently consists of 8 members representing UPK - 4th grade.



Ms. Limer
UPK



Mrs. Neimanis
Grade 2



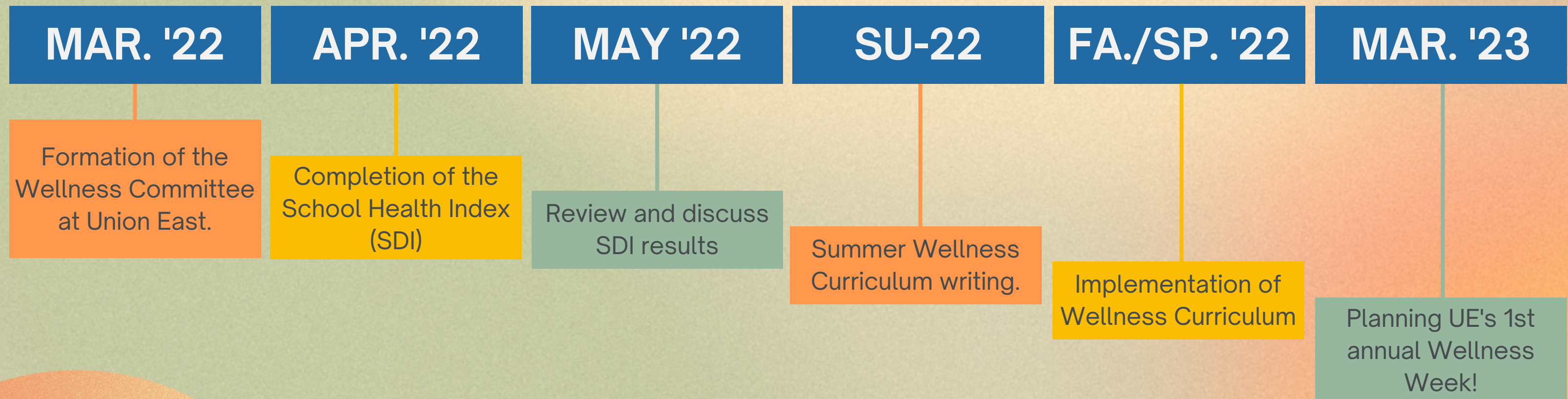
Mr. Schwind
Grade 4

UE'S WELLNESS GOALS

- Initiating & supporting the program
- Promoting & encourage physical & mental wellness
- Motivating others to participate in the committee's planned activities
- Improve the social, emotional and physical health of our student & staff Warriors

OUR ACCOMPLISHMENTS

MAR. '22 - MAR. '23





UNION EAST RESOURCES



MONTHLY
NEWSLETTERS

[Monthly_Themes](#)



WELLNESS
CALENDARS

[Monthly_Exercises](#)



GOOGLE
CLASSROOM

[bi2wyw2](#)

UNION EAST RESOURCES



RECESS

Indoor Grade 3-4

Indoor K-2



INCENTIVES

Wellness Warrior of
the Month

IT'S BEEN A BED OF ROSES...

- 44 out of 100 teachers have joined Google Classroom
- Lack of student participation in our exercise calendars
- Too much for classes already participating in Play60?
- Unwillingness to utilize the outdoor play equipment due to access location(s)
- Unwillingness to utilize the indoor/outdoor play equipment due to access location(s)
- Unwillingness to utilize the outdoor play equipment due to access location(s)
- Sensory Paths
- Planning 'Wellness Week'

CHALLENGE ACCEPTED!

WELLNESS
WEEK!

COOKING
CLASSES!

Thank you!

