

Elementary Health Education

WELCOME

Preparing kids for independence and adulthood brings many challenges, but it's important to guide children with the necessary knowledge to live a long, healthy life. Students must set goals and persevere in the face of challenges in order to succeed. When students have a better understanding of setting goals, persevering, and achieving those goals, they're more likely to make healthy and informed choices that have positive outcomes, for themselves and their communities.

This newsletter provides important information about the elementary health curriculum. It will introduce you to, and inform you about, the health curriculum currently in place. Our comprehensive health education curriculum includes a variety of topics such as personal health, the human body, human growth and development, HIV and AIDS, nutrition, personal safety, and alcohol, tobacco, and other drugs.

The goal of this health curriculum is not only to increase a student's health knowledge and to create positive attitudes toward his own well-being, but also to promote healthy behavior. Aligned with the Pennsylvania state standards, the health curriculum has been written and created by Central Bucks teachers and staff.

Pennsylvania Health Education Standards:

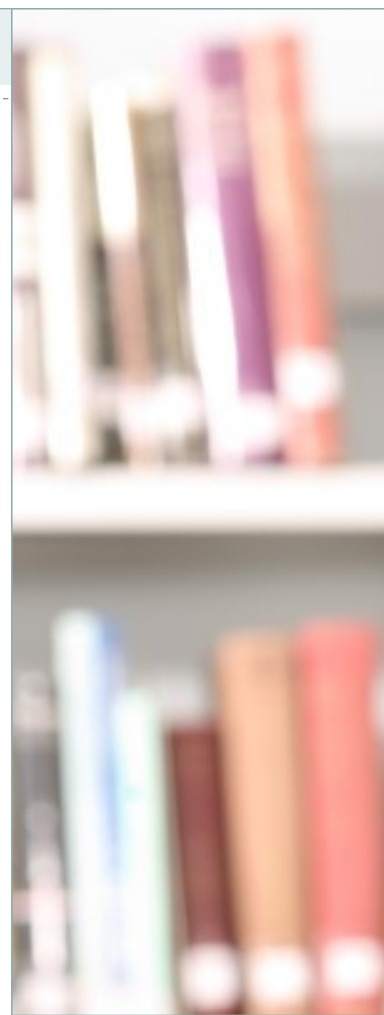
- 10.1 Concepts of Health
- 10.2 Healthful Living
- 10.3 Safety and Injury Prevention

Thank you again for your dedication and commitment in supporting the whole child. Should you have any questions with regards to the health curriculum, please do not hesitate in contacting me. I am happy to support you.

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K-12 Health and Physical Education Curriculum Coordinator

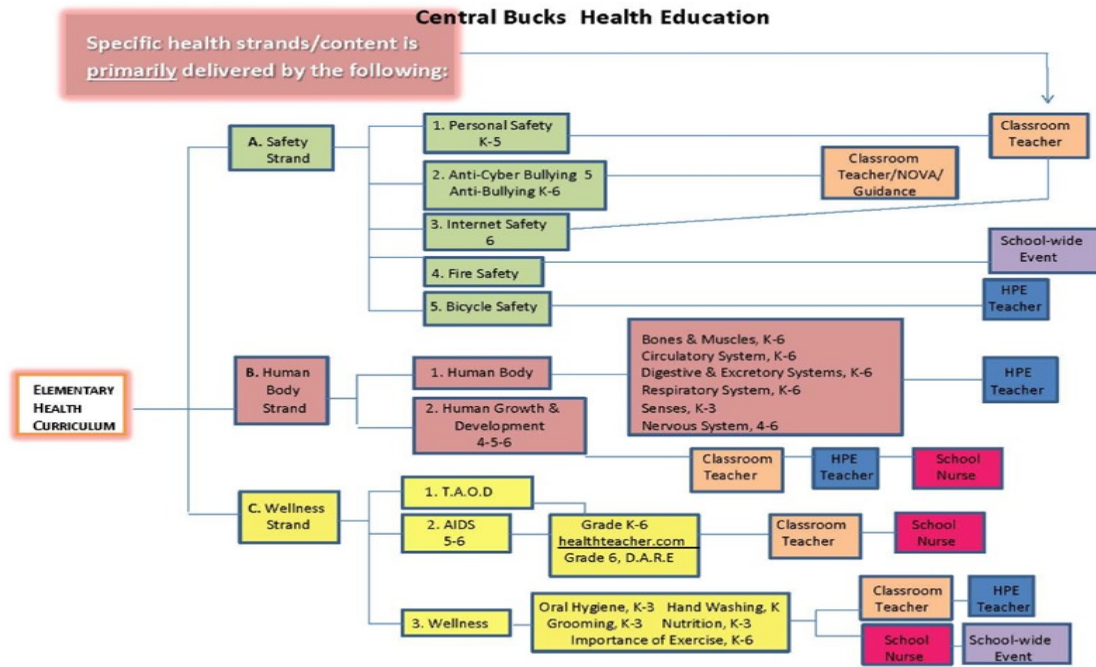


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HEALTH CURRICULUM INSTRUCTIONAL ROLES

The health curriculum in Central Bucks School District utilizes a collaborative design to instruct each unit throughout the school year. Please review the instructional roles provided in the chart below



ACCESSING THE HEALTH CURRICULUM

The CB health curriculum is available on the Intranet. It is encouraged to preview the unit layout first before teaching the curriculum. The unit layout organizes the unit for you, as the teacher, to visualize materials, lesson inclusions, and where to start and stop.

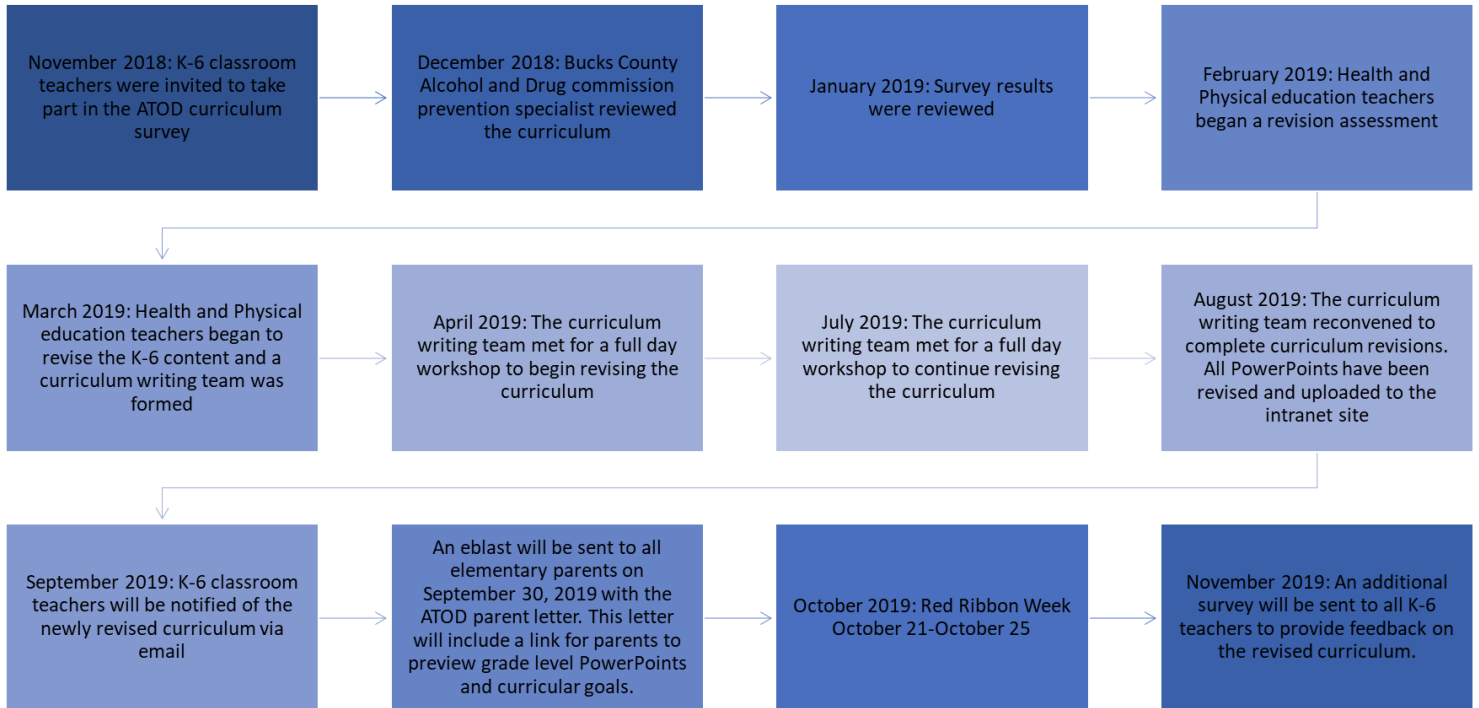
Each grade level has a drop down tab for each curricular topic. In order to see those documents, you must click the (+) sign.

https://cbsd.sharepoint.com/curr/health_pe/ElemPE/SitePages/Home.aspx



ATOD CURRICULUM REVISION UPDATE

As you are aware, the Alcohol, Tobacco, and Other Drug (A.T.O.D.) curriculum has been revised to ensure we remain current with community drug trends. Below you will find a detailed timeline of events that took place in revising this curriculum. A special thanks to the curriculum writing team whom worked tirelessly to ensure we are meeting the needs of our students and community.



TOBACCO, ALCOHOL, AND OTHER DRUGS

In October, a unit on Tobacco, alcohol, and other drugs is taught to students in all grades during Red Ribbon Week. CB teachers and staff have created an age appropriate, kid friendly unit to focus on healthy decision making and the dangers of tobacco and other drugs. It has been developed to prevent drug abuse and promote healthy living habits among elementary school children.

This program teaches students how to say "no" to alcohol, tobacco and other drugs without losing friendships. It enhances life skills such as decision-making, communication and drug-resistant strategies. The goal of drug prevention programs is to educate elementary students about the physical, psychological and social

dangers of drug and alcohol use and abuse.

This curriculum has been updated to reflect community drug trends to include e-cigarettes and vaping. A survey will be provided to all classroom teachers in November, once all teachers instruct the curriculum to seek additional feedback.



PASSWORD SMART

A stranger approached an 8 year old boy and asked him to come with him.

The stranger told him that something had happened and his mom sent him to pick him up. The boy asked the stranger for the PASSWORD and used the man's confusion to run away.

He and his mom had agreed to a password in case she had to send someone to pick him up. Maybe this saved the boys life.

Do you have a password?



PERSONAL SAFETY

The goal of the K-6 Elementary Personal Safety Curriculum is to make children more aware of sexual abuse by providing them with information appropriate to their age level . This unit helps them to develop self-protection skills that will make them less vulnerable to exploitation.

Children have the right of privacy with respect to their bodies. The purpose of this curriculum is to provide information and self-protective skills that will enable our children to be more aware and less vulnerable. This curriculum will provide children with the knowledge to recognize threats to their privacy and the skills to take action when it is threatened.

All students will be expected to demonstrate an understanding of the essential behaviors to ensure personal safety:

Check First

Take a Friend

Tell People No

Tell a Trusted Adult



THE HUMAN BODY



Elementary Health and Physical education teachers in CB have designed health lessons for each grade level to be delivered in the gymnasium. Each lesson is designed to teach about the body through movement and activities in Physical Education. Vein and artery tag and brain power are just a couple of lessons demonstrating the creativity and the thematic planning Physical education teachers have crafted for students. Physical Education teachers not only teach about the body systems, they teach about bike safety and nutrition in all grades. Below are the instructional topics according to grade level.

Kindergarten- Third Grade

Skeletal System

Muscular System

Five Senses

Circulatory System

Respiratory System

Nutrition

Fourth Grade – Sixth Grade

Skeletal System

Muscular System

Circulatory System

Digestive System

Nervous System

Respiratory System

Nutrition

HUMAN GROWTH AND DEVELOPMENT

INSTRUCTED IN JANUARY OR FEBRUARY

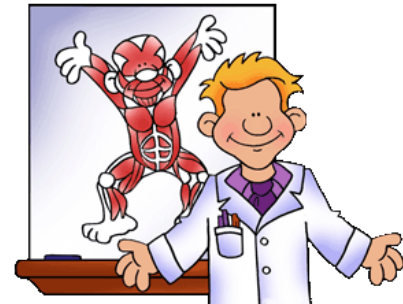
The Human Growth and Development Curriculum is a science-based program that addresses issues associated with human growth, adolescent physiological and emotional changes, the human reproductive system, and associated topics, in an organized manner in grades four, five, and six. The units differ in each of the grades. The information becomes more complex and detailed as the grades increase.

The units cover aspects of human anatomy and physiology of the human reproductive systems and the maturing process of adolescence. Lessons are designed to provide students with factual information and proper vocabulary about the human reproductive system, as well as helping them to develop healthy attitudes about their own sexuality.

The Human Growth and Development Curriculum content is presented to all grade 4, grade 5, and grade 6 students each spring. Responsibility for this curricu-

lum is shared by classroom teachers, school nurses, and Physical Education teachers as determined by the staff members in consultation with the building principal.

Parent letters, inviting parental review of materials and written consent, is to be received from all students prior to the delivery of this material.



HIV AND AIDS

INSTRUCTED IN FEBRUARY OR MARCH

This course of study provides research based facts to help students develop the understandings and responsible behaviors that can prevent the spread of HIV. It contains information that can help eliminate the unfounded fears and myths surrounding the spread of HIV. This course of study explains:

Why it is important to learn about HIV/AIDS?

What causes HIV/AIDS?

Who can get HIV/AIDS?

How HIV/AIDS is transmitted?

How HIV/AIDS can be prevented?

What is being done to help people with HIV/AIDS?

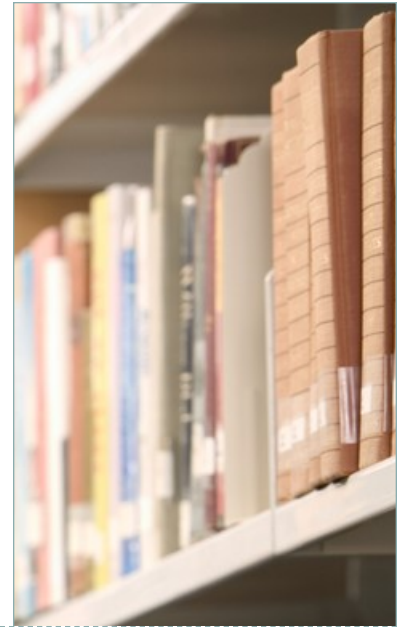
The elementary HIV-AIDS Curriculum content is presented to all students in fifth and sixth grade students each spring. Responsibility for this curriculum is shared by classroom teachers, school nurses, and Physical Education teachers as determined by these staff members in consultation with the building principal. Parent letters, inviting parental review of materials and written consent, is to be received from all students prior to the delivery of this material.



FIRE SAFETY

Fire Safety is presented through a school-wide event. The following safety tips are stressed to each student to protect themselves and their families. Be sure to review these simple steps with your child(ren).

- If a fire occurs in your home, GET OUT, STAY OUT and CALL for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Test smoke alarms once a month, if they're not working, change the batteries.
- Talk with all household members about a fire escape plan and practice the plan twice a year.



Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

TEACHER INFORMATIONAL RESOURCES

ATOD:

Bucks County Drug and Alcohol Commission

https://www.bcdac.org/prevention/vaping_and_e-cigarettes/index.php

https://www.bcdac.org/Prevention/Vaping/Vaping%20at%20a%20Glance_complete.pdf

CDC

<https://www.cdc.gov/tobacco/>

Personal Safety:

KidSmartz

<https://www.kidsmartz.org/>

Human Body:

Kids Health

<https://kidshealth.org/>

Human Growth and Development:

P&G Schools

<https://www.pgschoolprograms.com/Educators>

HIV/AIDS:

CDC

<https://www.cdc.gov/hiv/>

