

## Developing Healthy & Active Individuals

Date: Thursday, May 11, 2017

Central Services, Room 212

Time: 4:00-5:30



### AGENDA

#### 4:00-4:05 Welcome

Updates on recent middle school health education projects:

- Shuksan Family Engagement night
- Kulshan MAP Class & Community Partner consortium

#### 4:05-4:45 Bellingham Public Schools & the Washington State Health Standards

1. Review the grid of current health education practices in middle school that align with the new standards, generated in our last meeting. (attached)
2. Review advisory group's baseline recommendation:

The Developing Healthy and Active Individuals Advisory Committee strongly recommends a stand-alone health class for each middle school grade. The class should be either a quarter or semester length. The class should be taught by teachers passionate about teaching health and passionate about teaching middle school students.

#### 4:45-5:30 Community Expertise in Middle School Health

QSA Leadership Team: Bethany Barrett

#### 5:30- Next Steps

Optional Meeting, June 1 4:00-5:30: *Review revised recommendations*

	<b>Wellness</b>	<b>Safety</b>	<b>Nutrition</b>	<b>Sexual Health</b>	<b>Social Emotional Health</b>	<b>Substance Use and Abuse</b>	<b>Unmet</b>
<b>Topics</b>	<ol style="list-style-type: none"> <li>1. Dimensions of Health</li> <li>2. Disease Prevention</li> <li>3. Analyzing Influences</li> <li>4. Access Valid Information</li> <li>5. Communication</li> <li>6. Decision-Making</li> <li>7. Goal-Setting</li> </ol>	<ol style="list-style-type: none"> <li>1. Injury Prevention</li> <li>2. First Aid</li> <li>3. Violence Prevention</li> </ol>	<ol style="list-style-type: none"> <li>1. Food Groups and Nutrients</li> <li>2. Beverages</li> <li>3. Label Literacy</li> <li>4. Caloric Intake and Expenditure</li> <li>5. Disease Prevention</li> <li>6. Nutritional Planning</li> </ol>	<ol style="list-style-type: none"> <li>1. Anatomy, Reproduction, and Pregnancy</li> <li>2. Puberty and Development</li> <li>3. Self-Identity</li> <li>4. Prevention</li> <li>5. Healthy Relationships</li> <li>6. Washington State Laws</li> </ol>	<ol style="list-style-type: none"> <li>1. Self-Esteem</li> <li>2. Body Image and Eating Disorders</li> <li>3. Stress Management</li> <li>4. Expressing Emotions</li> <li>5. Harassment, Intimidation, and Bullying</li> <li>6. Emotional and Mental/ Behavioral Health</li> </ol>	<ol style="list-style-type: none"> <li>1. Use and Abuse</li> <li>2. Effects</li> <li>3. Prevention</li> <li>4. Treatment</li> <li>5. Legal Consequences</li> </ol>	<i>Note standards &amp; topics not systemically met by name &amp; number, question mark means unsure as to degree standard is addressed</i>
<b>Fairhaven</b>	PE & Health topics (FMS-only class)  KNOW: disease prevention re:HIV & STDs	PE: Bike unit	PE & Health topics	Science: KNOW lesson; Glenco health	Social Studies: CHOICES class (Boys & Girls Club lesson) 5,6		Wellness? SEL Substance Use & Abuse Violence Prevention Healthy Relationships
<b>Kulshan</b>	MAP: analyzing influences, valid information, communication, decision making  (MAP= KMS-only class, 8 <sup>th</sup> grade)	PE: Bike unit	PE (?)  8 <sup>th</sup> grade health unit  Common Threads, garden club (?)	Science: KNOW lesson  MAP: health consortium  8 <sup>th</sup> grade health unit (?)	MAP: health consortium  “White hatter” assembly		Wellness 1,2 Safety 3 Nutrition ? SEL 2 Sub Abuse
<b>Shuksan</b>	KNOW	PE: Bike unit		Science: KNOW lesson			Wellness Nutrition SEL Sub Abuse
<b>Whatcom</b>	Science (?) KNOW	PE: Bike unit	PE Science  Common Threads: integrated w/ science	Science: KNOW lesson			Wellness ? SEL Sub Abuse

