




# Curriculum and Student Development Committee



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# Wellness Curriculum Goals

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- Attend to the social emotional needs of students by emphasizing and teaching skills for inclusion.
  - Sandy Hook Promise, Choose Love
- Ensure that there is cross-curricular connections in counseling, PE and Health with influence from experts in social emotional well-being, such as social workers and MYFS
- Allow for important support service staff to be involved in the lives of ALL students, not just all those that are identified. However, this will provide the ability to identify students who may be in need.

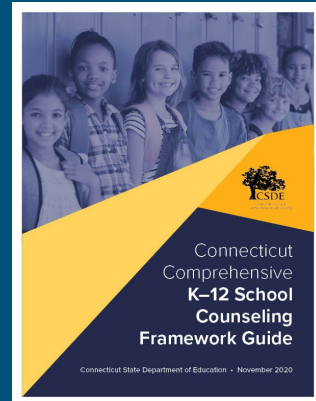
# Healthy and Balanced Living Curriculum Framework

## Health Education and Physical Education

### Wellness Curriculum Framework

Standards:

- Healthy and Balanced Living Curriculum Framework
  - Health
  - PE
  - CASEL
- CT School Counseling Standards



# Process and Progress

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- Summer work: Professional Development and writing
- Utilize PD and conference days
- Work to ensure vertical alignment by combining teams
  - 4 - 8 SCSW
  - K - 8 SCSW
  - 4 - 8 PE
  - 6 - 12 Health

# Wellness Curriculum

- June 2023 Adoption:
  - K - 12 School Counseling and Social Work (SCSW)
  - 6 - 8 Health
  - 2 Health classes at Hand (9/10 and 11/12)
  - 2 PE electives at Hand, June 2023
    - Changes to the Hand offerings
  
- June 2024 Adoption:
  - K - 8 Health and PE
  - 2 PE electives at Polson
  - 1 Health elective at Polson
  - 3 - 4 PE electives at Hand

High School PE and Health	
Grade 9	PE/Health .25/.25
Grade 10	PE/Health .25/.25
Grade 11	PE 11 or Self-Defense, Jr./Sr. Health
Grade 12	Jr./Sr. Health

Grade	P.E. Course Options	Health & Wellness Course Options
9	Recreational Games Personal Fitness	Health I
10	P.E. and Health 10	
11	PE 11	Health II
12	n/a	

# DHHS SCSW Curriculum

## Grade 9-10

### Grade 9: Navigating High School

- Students will complete a self-awareness questionnaire & reflect on advice for their younger selves or incoming freshmen

### Grade 10: Trusted Peeps & Community Resources

- Students will write a thank you note to a trusted adult in the building and it will be sent to that staff member

# DHHS SCSW Curriculum

## Grades 11-12

### Grade 11: Future Planning

- Students will complete a junior reflection for counselors to use when writing their letters of recommendation.

### Grade 12: Oh the Places You'll Go!

- Seniors will have an exit interview with school counselors this year! We will then have them complete a senior survey about future plans. They will also write a “what I wish I knew” that will be shared with incoming freshmen

# What's New?

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- Our social work staff will start to deliver 2-3 lessons per year, which has not been done in the past
- Our College & Career Counselor will work with all grade levels at least once throughout the year
- We will have workshops for juniors to attend (topics will be dependent on responses of survey sent in December)
- We will have a panel of current college students for seniors to attend
- We will use some advisory time moving forward with scripted topics for advisors as well as pulling from advisory time for counselor contact