



## Study Session of the Board of Directors

**Pioneer Middle School    1750 Bob's Hollow Lane    DuPont, WA**

2/13/2019 06:00 PM

- 1. CALL TO ORDER** **(Action)**
  - a. Pledge of Allegiance
  - b. Roll Call
  - c. Approval of Agenda
  
- 2. TOPIC FOR BOARD DISCUSSION**
  - a. Special Education Programs** **(Discussion)**  
Presenter: Susanne Beauchaine
  
  - b. Health Education - secondary schools** **(Discussion)**  
Presenter: Paul Harvey  
[District Health Curriculum Overview.pdf \(p. 2\)](#)
  
  - c. Board Self-Assessment Tool** **(Discussion)**
  
  - d. Progress Report** **(Discussion)**  
Presenter: Kathi Weight
    1. Start Times related to Sleep Study
  
  - e. March 13, 2019 Study Session Agenda** **(Discussion)**
    1. CTE Advisory Committee
    2. Social Emotional Learning Update
    3. Other topics?
  
- 3. ADJOURNMENT** **(Action)**

# District Health Curriculum Overview

Our district health curriculum is rooted in the state PE and Health standards and is locally designed by the staff. OSPI incorporates the Whole School, Whole Community, Whole Child (WSCC) model which aims to improve each child's cognitive, physical, social, and emotional development.

The state revised its PE and Health standards in 2016. One change from the 2016 state health standards was the clear identification of six core topic areas in which all of the standards are included: Wellness; Safety; Nutrition; Sexual Health; Social Emotional Health; and Substance Use and Abuse.

## **Resources**

Curricular resources exist in print via adopted materials and also online via OSPI and official health agency websites, for example: Tacoma-Pierce County Health; The State of Washington Department of Health; CDC Healthy Schools; and SHAPE America.

Our school district recently won a \$5,000 Healthy Schools Grant from the Center for Disease Control via OSPI. Steilacoom is one of seven districts selected for this program. Funding from the program will help us in our curriculum planning and in acquiring materials to fill needs identified by the staff.

## **Next Steps**

- Upon analysis with the teaching staff, there is a need to review the curriculum for gaps and alignment which will happen in March. Recent developments by OSPI and other organizations have provided more instructional resources which may become part of our curriculum as we review these resources in March.
- We have a March 4<sup>th</sup> workshop with all Health and PE teachers to review standards, outline and update curriculum, review the Local School Wellness Plan (LSWP), and attend to questions from the board.
- The district will have a wellness committee meeting to include students, parents, and Pierce County Health on March 21<sup>st</sup>. The purpose of the meeting is to review the LSWP, share details about our instructional program and supports for our students in all health-related areas.
- The community wellness committee will also review district procedures regarding the topics of drug and alcohol prevention, sexual health, and suicide prevention.

- With the increase in vaping in the community and as found in the high school, we will be designing instructional and community activities to help prevent and reduce the rate of use.

The following table includes topics, units, and courses taught directly at each grade level by the health or PE teachers. In the earlier elementary grades, the topics of drugs and alcohol prevention and sexual health are not explicitly taught, but related topics of decision-making, goal-setting, and healthy relationships are part of the instruction. Sexual health education begins formally at 5<sup>th</sup> grade.

	<b>Drug and Alcohol Prevention</b>	<b>Sexual Health Education</b>
<b>K-3</b>	Self-Esteem; Goal Setting; Decision-Making; Conflict Management; Problem Solving; Communication; Teamwork; Nutrition; Safety	Self-Esteem; Goal Setting; Decision-Making; Conflict Management; Problem Solving; Communication; Safety
<b>4-5</b>	Goal Setting; Decision-Making; Conflict Management; Problem Solving; Communication; Teamwork; Nutrition; Safety	* <i>Growing Up!</i> For boys and for girls * <i>AIDS facts for kids</i> * <i>KNOW</i>
<b>6-8</b>	Health impacts of drug, alcohol, and tobacco use/abuse; Goal Setting; Decision-Making; Conflict Management; Communication; Nutrition	<i>Flash Curriculum</i> produced by King County Health
<b>9-12</b>	<ul style="list-style-type: none"> <li>• 9<sup>th</sup> grade Family Health (required)</li> <li>• Human Development (9<sup>th</sup>-12<sup>th</sup> elective)</li> </ul>	<ul style="list-style-type: none"> <li>• 9<sup>th</sup> grade Family Health (required)</li> <li>• Human Development (9<sup>th</sup>-12<sup>th</sup> elective)</li> <li>• Independent Living (11<sup>th</sup>, 12<sup>th</sup> elective)</li> </ul>

\*5<sup>th</sup> grade taught by homeroom teachers.