

## **Introduction to the Elementary Health Program**

Calvert County Public Schools uses a comprehensive Health program called The Great Body Shop to teach Health at the elementary level in classrooms PreK – Grade 5. The Great Body Shop is a national, comprehensive health curricular resource that is aligned to the National Health Education Standards, many state and district health education standards, and the core concepts recommended by the CDC's HECAT (Centers for Disease Control, Health Education Curriculum Analysis Tool). Health Education is provided by the grade-level teacher.

The Great Body Shop's comprehensive approach includes topics that cover all aspects of physical, mental, social, emotional health, and safety. The Great Body Shop promotes wellness through the integration of health content standards and skills-based learning in substance abuse prevention, injury and personal safety, fitness and nutrition, disease and illness prevention, body systems, growth and development, and consumer and environmental health. Social and emotional learning, as well as substance abuse and violence prevention skills and messages are integrated into every unit.

The program is designed to promote active family engagement. Monthly, for grades K – 5, Student Issues are sent to the school to be used in the classroom. The Student Issue looks like a health magazine and is used as a periodical or informational text. Teachers and students work with the instructional materials, typically once or twice a week, to provide a solid understanding of the health issues found in the magazine. At the end of the month, students take the Student Issue home and use it for family activities, discussions, and homework.

In this way, one Student Issue is able to educate not only the student but support the family as well. This way, schools and families can work as a team to reinforce health knowledge and skills, which can go a long way toward helping children make the kids of decisions about their bodies that will keep them healthy, safe, drug free, and ready to meet the challenges of the future.

To keep families involved in the Health program components, the Great Body Shop provides Family Issues (PreK), Family Music (PreK and K), Family Bulletins (K-5), Child/Family Extension activities (K-6). Additionally, teachers should provide families with access to the Family Portal, where the family can view the Program Guide, Student Issues, Family Newsletters, and other supportive resources to encourage family involvement at home.

To see more about The Great Body Shop Program, visit [The Great Body Shop](#).