

K-5 Elementary Health

Caitlin Kelley, K-8 Health Facilitator

Brooke Herman, 3rd Grade Teacher, Honey Dew Elementary

February 8th, 2024

Purpose

- Requesting to adopt QuaverEd as the core instructional material for K-5 Health Education.
- [QuaverEd Website](#)

Purpose

- Health education is a stand alone course in middle school and high school. The QuaverEd Health elementary curriculum will help to create the foundation for health education learners in Renton School District.
- Six core ideas for Washington State Health
 - Wellness
 - Nutrition
 - Social/Emotional Health
 - Substance Use/ Abuse
 - Sexual Health
 - Safety
- QuaverEd addresses the following Washington State Health Core Ideas
 - Wellness, Nutrition, Substance Use/Abuse, Safety*
- QuaverEd is a year long curriculum, that aligns to the district instructional minutes of 15 a week as teachers see fit.

Presentation Outline

- Timeline
- Screening Process
- Participants
- Evaluation Tool
- Sample Lesson
- Differentiation
- Results
- Student Perceptions
- Next Steps
- Recommendation

Timeline

2022-2023

- Attempted pilots, lack of teacher input and consensus not reached

2023-2024

- October 23rd-December 1st 2023
 - Piloting two curriculums, two lessons each
- December 2023
 - Came to a consensus with QuaverEd getting the unanimous vote.

Date(s)	Action Step	Involved Parties
Spring 2022	Form instructional materials, review committee survey, collect samples of content	Caitlin Kelley, Heather Szczepanski and the voting members (teachers/coaches)
August 2022	Training Day team launch, create communication plan for different stakeholders, create observation tool Teacher training, general questions for vendors, order materials for pilot Pilot 1	Entire Committee
Winter 2023	Discuss pilot one data and begin pilot 2	Entire Committee
Spring 2023	Discuss pilot 2 and attempt to come to consensus	Entire Committee
Pilot 1 Ended for lack of input and consensus, Process reinitiated		
Fall 2023	Meet with new committee to go over plan, give overview of both pilots and have time to pick two lessons to pilot	Entire committee
Winter 2023	Complete evidence rubric google form and share results with the team Come to a consensus	Entire committee
Winter 2023	Leadership committee meets to prep for DIMC	Caitlin Kelley, Rebecca L'Amour, Heather Szczepanski, Brooke Herman
February 8th, 2024	Present DIMC	Caitlin Kelley, Brooke Herman

Curriculum Screening Process

- Curriculums were screened to ensure that they align to the six core ideas. Were the most comprehensive
- Both curriculums were vetted and endorsed by SHAPE America
- Outside of the standard textbooks, there are unfortunately not many comprehensive curriculums to choose from
- While QuaverEd is relatively new, it is taught in multiple states across the country
- [Alignment to standards PDF](#)

PM=piloted member
LM=leadership member
F=facilitator D=director

Participants

Adrianna Wesley,**PM/1st**
Andrea Gollob,**PM/5th**
Ashley Klishak,**PM/4th**
BJ Kuntz,**D/LM**
Brooke Herman,**PM/3rd**
Caitlin Kelley,**F/LM**
Carly Hancock,**PM/K**
Claire Stiteler,**PM/4th**
Elizabeth Zimmerman,**PM/2nd**
Georgia Kalis,**PM/2nd**
Heather Szczepanski,**LM**
Jennifer Whealy,**PM/2nd**
Jessica Beyer,**PM/5th**
Katie Thorleifson,**PM/5th**

Laura Wahied,**PM/5th**
Laurie DeWhitt,**PM/Counselor**
Mallorie Wilson,**PM/3rd**
Maria Wolcott,**PM/K**
Megan Haack,**PM/1st**
Melanie Banel,**PM/K**
Melissa McDowell,**PM/5th**
Monica Herley,**PM/ML**
Becca L'Amour,**LM**
Sharon Miller,**PM/K**
Sharon Skillon,**PM/1st**
Talia Walton,**D/LM**
Winona Gram,**PM/2nd**



Sierra Heights, Honey Dew, Benson Hill, Tiffany Park,
Highlands, Talbot Hill, Kennydale

DIMC

Evaluation Tool

Not a Health evaluation tool
(surveyed the committee members
around needs vs what's currently being
taught/where are the gaps when it
comes to the alignment of standards

Key component “look fors” were to
make sure they aligned to state and
core ideas

K-5 Health Screening Tool

Look fors
Culturally Responsive/Inclusive
Easy to implement for teachers
Aligned to health standards
Community involvement
See themselves reflected in materials/See work as relevant to their lives
Variety of instructional activities, modalities, and groupings
Develop student voice

K-5 Health Screening & Pilot Tool 4 = exceeds non-negotiables and includes many wants 3 = strong evidence 2 = some evidence 1 = missing or needs significant revision/supplementing
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Evaluation Results (out of 4)

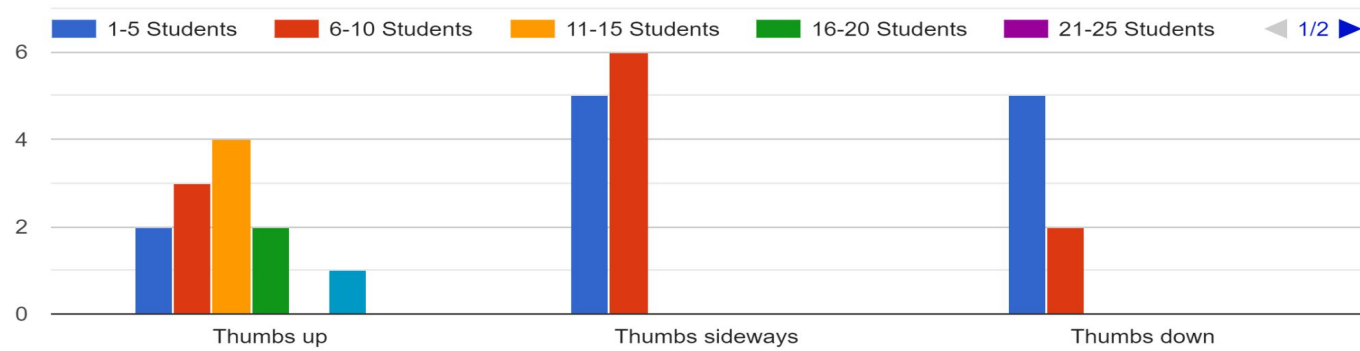
- Culturally responsive/inclusive: Score= 3
- Easy to implement (for teachers): Score= 3.5
- Aligned to health standards: Score= 3.5
- Community involvement: Score= 2.5
 - Does the curriculum help to enrich the learning experience by bringing real-world perspectives into the classroom? Are students given ways to connect their learning to real-world experiences and relevances?
 - This score likely specific to each lesson. Some lessons provide more community involvement than others
- See themselves reflected in materials/See work as relevant to their lives: Score= 3.5
- Variety of instructional activities, modalities and groupings: Score= 3.5
- Develop student voice: Score= 3

Sample Lesson

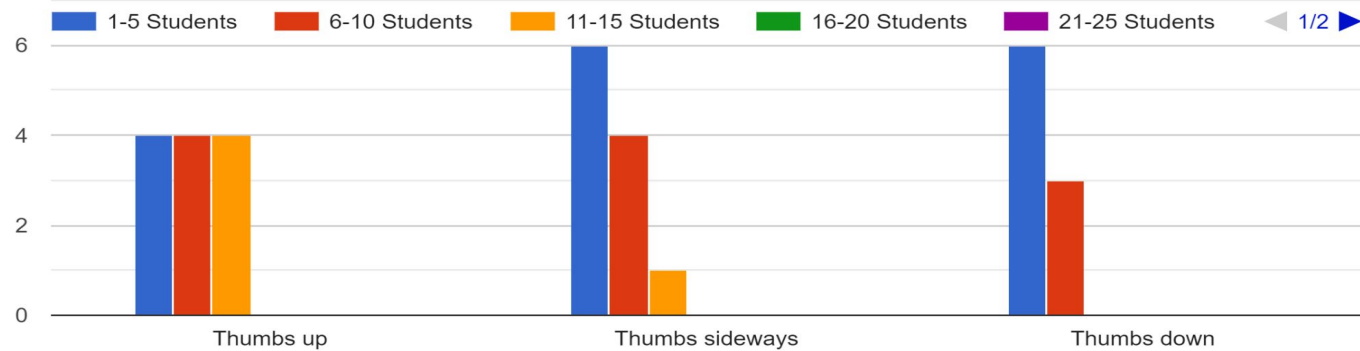
“My Health at School”

- Module 1-Lesson 1
- 3rd Grade
- Wellness (Core Idea)

I was able to use my voice to add to the lesson.



I felt represented in the lessons.



Student Perceptions

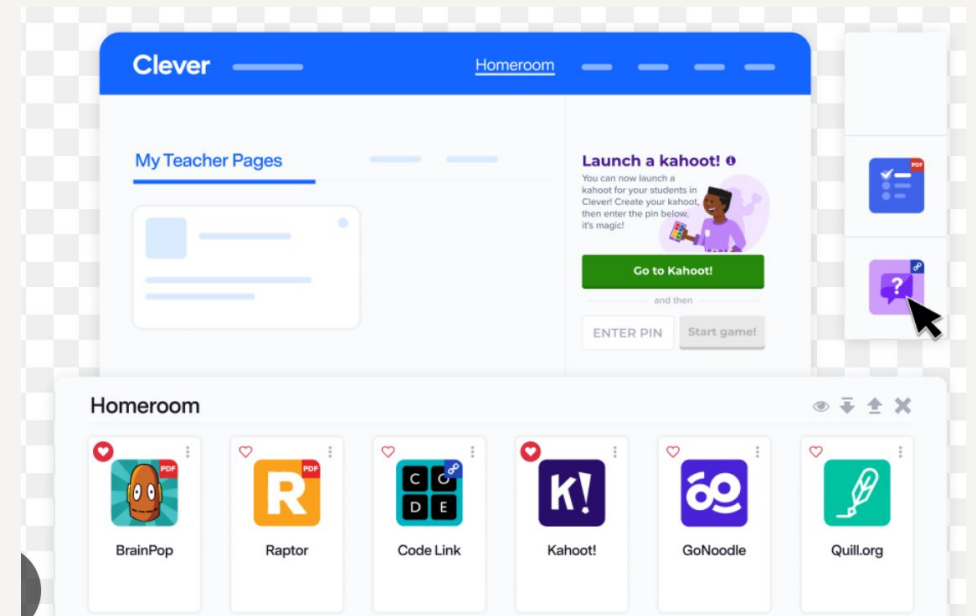
“...Interesting, detail and fun to do. I like that it was an interactive lesson, not just a teacher reading it off a sheet of paper and it’s a lot more fun just read and ask questions. I like how you can edit the screen as you go. It was physical too so we could move around...”

“...I learned about how to calm myself down when I feel frustrated...I learned if you break things down you won’t go back and forth...”

“...I learned about what a fixed mindset was-I thought it meant to fix your mindset but it is actually a bad thing. I learned that a growth mindset is helpful to say to yourself and you have to practice to learn and grow...”

Student Access

- Rostered from Skyward
- Single sign-on integration through Clever
- Easy, safe and secure



Next Steps

- QuaverEd will come facilitate a curriculum training
- Establish a clear expectations for instructional minutes and curriculum use
- Getting curriculum set up with tech support (QuaverEd added to Portal Apps/Clever)

Our Recommendation

For all K-5 classrooms to meet the state core ideas for Health education....

What: To approve QuaverEd for K-5 Health

Whom: K-5 scholars

When: Immediate implementation after approval

Where: All Renton School District Elementary Schools

Why: For students to begin their health education foundation