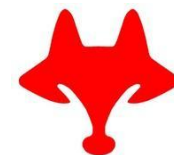




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Health Curriculum Update

Curriculum, Instruction & Assessment Board Subcommittee meeting
Monday, December 9, 2024



K-12 NYS Standards in Health Education



NYS Standard 1: Personal Health and Fitness

- Knowledge of physical fitness and personal health
- Establish skills to participate in physical activity and wellness.

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NYS Standard 2: Safe and Healthy Environment

- Assess potentially dangerous situations and demonstrate the skills to avoid or reduce their risks
- Demonstrate personal and social skills which enhance personal health and safety

Three Levels:

- Elementary
- Intermediate
- Commencement

NYS Standard 3: Resource Management

- Distinguish between valid and invalid health information, products and services
- Recognize how cultural beliefs influence health behaviors and the use of health services.



Current Health Curriculum (Grades 6-12)



6th Grade Health

Unit: Communicable and Noncommunicable Diseases
Unit: Mental and Emotional Health
Unit: Digital Citizenship

7th Grade Health

Unit: Mental and Emotional Health
Unit: Hand Only CPR
Unit: Nutrition
Unit: Human Growth and Development
Unit: Digital Citizenship

8th Grade Health

Unit: Mental and Emotional Health
Unit: Substance Abuse
Unit: Healthy Relationships
Unit: Digital Citizenship

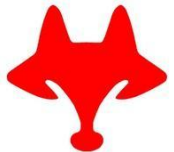
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Grade 9 or 10 Course: Scope and Sequence

Unit: Nutrition, Exercise, and Wellness
Unit: Character/Values, Mental & Emotional Health
Unit: Adolescent vs. Adult Brain, Alcohol, Vaping,
Tobacco, Other Drugs, & Substance Abuse
Unit: Family Life & Sexual Health
Unit: Hands Only CPR

The following skills are embedded each unit:
Communication Skills, Refusal Skills, Decision-Making
Skills, Accessing Valid Information, Advocacy Skills,
Planning & Goal-Setting Skills.

Based on NYSED Standards:
<https://www.nysed.gov/standards-instruction/health-education>



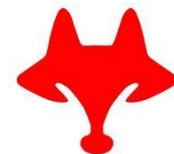
NYSED: Erin's Law (K-8)



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- Erin's Law requires public schools to teach child sexual abuse and exploitation prevention classes to students in kindergarten through eighth grade. In August 2019, NYS became the 37th state to sign Erin's Law into legislation.
- Intention of Erin's Law: help children, teachers, and parents in NYS schools identify sexual abuse, and to provide awareness, assistance, referral, or resource information for children and families who are victims of child sexual abuse.
- In Summer 2020, NYSED developed age-appropriate grade band objectives, and resources to help school districts develop curriculum and useful lesson plans.
- Sample Grade Band Objectives:
 - **K-2:** Students will be able to recognize healthy and unhealthy relationships.
 - **3-4:** Students will be able to set personal boundaries and respect personal boundaries of others.
 - **5-6:** Students will be able to refuse to go alone to meet online acquaintances/strangers.
 - **7-8:** Students will identify safe adults and peers or seek professional help such as help/abuse lines, counselors, etc.

NYSED
Erin's Law

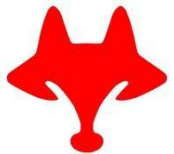


FLMS Health Adjustments & Updates



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- Introduce more information on **the developing teen brain**, neurodiversity, and neuroplasticity. (within Health curriculum)
- Introduce more information on **sexual health/prevention/consent** to be in line with current trends nationally. (shift from 9th to 8th)
- Introduce more in-depth information into **drugs and drug use patterns** to include marijuana, nicotine, alcohol, and caffeine based on national trends, (shift from 7th to 6th)



FLHS Health Adjustments Summary



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Students take health in 6, 7, and 8th grade. These adjustments would allow more information to be covered in middle school and then allow a **deeper dive** into other topics at the secondary level after students transition to the High School. With the movement of information down to the Intermediate level **we could tailor a more advanced high school health curriculum.**



Proposed Health Curriculum (Grades 6-12)



Scope and Sequence

6th Grade Health

- Unit 1: Getting to Know You
- Unit 2: **Introduction to Body Systems**
- Unit 3: **Vaping and Decision Making**
- Unit 4: Digital Citizenship

7th Grade Health

- Unit 1: Mental and Emotional Health
- Unit 2: Hands Only CPR
- Unit 3: Prevention Ed (Student Assistance Counselor)
- Unit 4: Alcohol & Marijuana
- Unit 5: Human Growth and Development
- Unit 6: Digital Citizenship

8th Grade Health

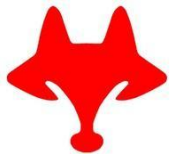
- Unit 1: Mental and Emotional Health
- Unit 2: Substance Abuse
- Unit 3: Healthy Relationships/Consent
- Unit 4: Digital Citizenship
- Unit 5: **Sexually Transmitted Infections/Contraception**
- Unit 6: **HIV/AIDS Education**

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Grade 9 or 10 Course: Scope and Sequence

- Unit: Nutrition, Exercise, and Wellness
- Unit: Character/Values, Mental & Emotional Health
- Unit: Adolescent vs. Adult Brain, Alcohol, Vaping, Tobacco, Other Drugs, & Substance Abuse
- Unit: Family Life & Sexual Health
- Unit: Hands Only CPR

The following skills are embedded in each unit:
Communication Skills, Refusal Skills, Decision-Making Skills, Accessing Valid Information, Advocacy Skills, Planning & Goal-Setting Skills.



K-12 PE & Health Vision 2025 & Beyond



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SECONDARY:

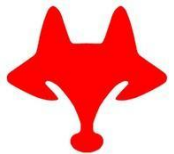
6-12 Health Enhancement:

- Aligning current 6-12 curriculum to national trends
- Dive deeper into state mandated topics and standards:
 - Secondary health and nutrition curriculum
 - Erin's Law Grades 6-12 grade band objectives

ELEMENTARY:

K-5 Health Enhancement:

- Exploration of shift to 5-day elementary specials rotation in 2025-2026
 - Art (1x per 5 days); Music (1x per 5 days); PE (3x per 5 days)
 - Allows us to meet the PE mandated minutes (K-6: 120 minutes/week)
- K-5 PE staffing could address supporting:
 - Elementary health and nutrition curriculum
 - Erin's Law Grades K-5 grade band objectives



Preliminary Elementary Specials Discussion



4-Day Cycle

9:45-10:25	Day A	Day B	Day C	Day D
5A	PE A	Art A	PE A	Music A
5B	Music A	PE A	Art A	PE A
5C	PE B	Music A	PE B	Art A
5D	Art A	PE B	Music A	PE B

5-Day Cycle

9:45-10:25	Day A	Day B	Day C	Day D	Day E
5A	PE A	Art A	PE A	Music A	PE A
5B	Music A	PE A	Art A	PE A	PE C
5C	PE B	Music A	PE B	Art A	PE B
5D	PE C	PE B	Music A	PE B	Music A

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K-5 Staffing	CURRENT 4-Day Cycle	ESTIMATE 5-Day Cycle
PE	8.3	9.4
ART	4.0	4.0
MUSIC	4.0	4.0

