

# Health Curriculum Highlights

Lacey Township School District  
Board of Education Presentation

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Assistant Superintendent of Curriculum and Instruction



# Grade 2 Health 2022

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## Personal Safety and Wellness

- Students will learn to demonstrate personal habits and behaviors that contribute to a safe and healthy environment/lifestyle
- Students will learn to recognize potential hazards in personal space, in the school, in the community, and globally.
- Students will learn to discuss feelings in uncomfortable or unsafe situations and how to reach out to a trusted adult or family member for help.
- Students will learn to identify the basic needs of human beings to sustain an environment that is healthy and safe.

## Life Skills/ Character Education

- Students will learn to explain the meaning of character and how to build healthy relationships.
- Students will learn to identify what it means to be respectful and responsible.
- Students will learn demonstrate self control in a variety of settings.
- Students will learn to manage our emotions, thoughts, and behaviors.
- Students will learn to demonstrate and explain ways to cope with stress.
- Students will learn to express ourselves and make our own choices.
- Students will learn to demonstrate healthy ways to respond to conflict.
- Students will learn to communicate their wants and needs.
- Students will learn to identify those members of the community who can assist us with managing our feelings.
- Students will learn to set goals and understand that our actions have an effect on the result.

## Family Life and Community

- Students will learn to understand how families vary in size and dynamics.
- Students will learn to examine how families support giving and sharing in one's community.
- Students will learn to identify community members that contribute to our well-being and health.
- Students will learn to demonstrate responsible behaviors within the community setting.

## Hygiene and Dental Care

- Students will learn to understand the importance of self-care.
- Students will learn to demonstrate healthy habits that contribute to our overall wellness.
- Students will learn to demonstrate responsibility for their health and maintain a lifelong healthy lifestyle.
- Students will learn to identify the correct terminology of the body that pertains to hygiene and dental care.
- Students will learn to understand personal health and how to identify self-care practices.

## Nutrition and Fitness

- Students will learn to understand their bodies and self-care.
- Students will learn to take a proactive approach to make informed choices about their health.
- Students will learn to take responsibility for their health and maintain a healthy and active lifestyle.
- Students will learn to explain the benefits of regular physical activity and what it means to be physically fit.
- Students will learn to identify physical activities available outside the school in our community.
- Students will learn to explore different types of foods and food groups.
- Students will learn to differentiate between healthy and unhealthy foods.
- Students will learn to identify the benefits of living a nutritious and active lifestyle.

## Bullying Awareness and Conflict

- Students will learn to understand the physical, social, emotional, and intellectual dimensions of health and wellness.
- Students will learn to develop strategies that help manage their own emotions, thoughts, and behaviors.
- Students will learn to demonstrate healthy ways to respond to disagreements or conflicts with others.
- Students will learn to develop healthy relationships with acquaintances, friends, and family members.
- Students will learn to define bullying and teasing and explain why they are wrong and harmful.
- Students will learn to create personal boundaries and respect the boundaries of others including friends and family.
- Students will learn to identify trusted community members that are available to help in any stressful situation.

# Drug Awareness

- Students will learn to demonstrate healthy habits to maintain a healthy and active lifestyle.
- Students will learn to identify and explain what medicines are, how they are used, and the importance of utilizing medications properly.
- Students will learn to identify which drugs are harmful and hurtful to the body.
- Students will learn to recognize that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs.
- Students will learn to make a proactive approach to making informed choices about their health.
- Students will learn to identify those community members to who we can reach out for help.

# Grade 5 Health 2022

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## Personal Growth and Wellness

- We will learn about puberty.
- We will learn about the changes our bodies make during puberty.
- We will learn about the relationship between human reproduction and pregnancy.
- We will learn how hormones affect our feelings and decisions.

## Social Emotional Health

- We will learn to explain how our feelings impact our relationships with others.
- We will learn how to handle emotions in social situations.
- We will learn how hormones and puberty impact our feelings and emotions.
- We will learn to manage our emotions, thoughts, and behaviors.
- We will learn to communicate our wants and needs.
- We will learn to identify those members of the community who can assist us with managing our feelings.

## Bullying

- We will learn to understand the physical, social, emotional, and intellectual dimensions of health and wellness.
- We will learn to develop strategies that help manage one's own emotions, thoughts, and behaviors.
- We will learn to demonstrate healthy ways to respond to disagreements or conflicts with others.
- We will learn to develop healthy relationships with acquaintances, friends, and family members.
- We will learn to define bullying and teasing and explain why they are wrong and harmful.
- We will learn to create personal boundaries and respect the boundaries of others including friends and family.
- We will learn to identify trusted community members that are available to help in any stressful situation.

## Nutrition

- The students will be able to identify factors that contribute to good nutritional health and fitness to live an active healthy life.
- Students will learn how to take responsibility for one's own health and maintain a healthy active lifestyle.
- Students will learn how to approach their personal nutrition (my plate).
- Students will learn to analyze and understand food labels.

## Drugs and Medicine

- Students will learn to understand the physical, mental, emotional and social effects of drugs, tobacco and alcohol.
- Students will learn about the physical, social, emotional, and intellectual aspect of wellness.
- Students will learn to make informed choices about their health.
- Students will learn how to take responsibility for one's own health and maintain a healthy active lifestyle.
- Students will learn how to identify Peer Pressure and how it applies to drug abuse.
- Students will learn how to recognize how good/bad choices can affect their life.

## Decision Making

- Students will learn to set personal, school, and family goals.
- Students will learn how values and morals affect their choices.
- Students will learn to understand the importance of having a positive role model.
- Students will learn how positive character traits can contribute to personal problem-solving.
- Students will learn how to practice mindfulness towards themselves and others.

# Grade 8 Health 2022

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# Sexuality and Relationships

- Students will learn to understand the needs to support a healthy lifestyle.
- Students will learn to understand the physical, emotional, and social aspects of human relationships and sexuality.
- Students will learn to understand gender, sexual, and cultural stereotyping.
- Students will learn to identify how personal lifestyle habits and genetics influence sexual development as well as overall growth patterns.
- Students will learn to understand how responsible actions regarding sexual behavior impact the health of oneself and others.
- Students will learn to identify how early detection strategies assist in the prevention and treatment of illness or disease.
- Students will learn to identify that pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others.
- Students will learn to promote dignity and respect for all people.

# Sex and Contraception

- Students will learn to identify the prescriptive and non-prescriptive types of contraception.
- Students will learn to identify the numerous changes that occur during pregnancy, childbirth, and parenthood.
- Students will learn to understand the needs to support a healthy lifestyle.
- Students will learn to understand the physical, emotional, and social aspects of human relationships and sexuality.
- Students will learn to identify how personal lifestyle habits and genetics influence sexual development as well as overall growth patterns.
- Students will learn to understand how responsible actions regarding sexual behavior impact the health of oneself and others.
- Students will learn to identify that pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others.

## Sexually Transmitted Diseases

- Students will learn to identify the signs and symptoms of sexually transmitted diseases.
- Students will learn how the prevention, control of diseases, and health conditions are affected by many factors.
- Students will learn how early detection strategies assist in the prevention and treatment of illness or disease.
- Students will learn to identify potential solutions to health issues that are dependent on health literacy and available resources.
- Students will learn to understand that advocacy for a health or social issue is based on communicating accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue.

## Alcohol Tobacco and Drugs

- Students will learn how to acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.  
the consequences of alcohol and tobacco.
- Students will learn to identify resources available for addiction and treatment.
- Students will learn to develop and use personal and interpersonal skills to support a healthy, active lifestyle.

# Personal Safety

- Students will learn to identify unhealthy/risky behaviors.
- Students will learn what are safe, risky, and harmful behaviors in relationships.
- Students will learn to understand how to identify risk factors and strategies to evaluate choices and consequences.
- Students will learn to develop and implement strategies to address a safety issue.
- Students will learn to understand that advocacy for a health or social issue is based on communicating accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue.
- Students will learn to understand the impact of technology and social media.

# Thank you for your support!

*As always email me with any questions:*  
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