

Health Curriculum Highlights

Lacey Township School District
Board of Education Presentation

September 15, 2022

Mr. William Zylinski
Assistant Superintendent of Curriculum and Instruction



Grade 2 Health 2022

A dark blue, diagonal, triangular shape that fills the bottom half of the page, pointing upwards from the bottom-left corner towards the top-right corner.

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

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the bottom half of the page.

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

A dark blue, diagonal, triangular shape that fills the bottom half of the page, pointing towards the bottom-left corner.

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:
wzylinski@laceyschools.org

