

NKSD 6-12 Health Curriculum

May 10, 2023
Health & Wellness Committee
Admin Conference Room



Agenda

1. Purpose: Review the 6-12 Health Curriculum & Materials
2. NKSD Policies
3. Timeline
4. Overview [6-12 NKSD Health Curriculum Document](#)
 - a. RI Guidance
 - b. NKSD Philosophy
 - c. RI Health Standards
 - d. SEL Core Competencies
 - e. Scope & Sequence by grade level
5. Curriculum Materials



NKSC Policy: Curriculum Review & Updating

PROCESS: The curriculum improvement process will consist of a district-wide curriculum cycle, district goals and objectives for each subject in each grade level, a district scope and sequence, district time allocations for each subject, and a school level curriculum improvement process. A district curriculum committee, chaired by the curriculum director and composed of students, parents, teachers, administrators and elected officials will oversee the curriculum improvement process.

CURRICULUM CYCLE: A curriculum cycle will be established to provide for continuous updating and renewal of the curriculum. The cycle will consist of the following steps: assessment of student needs, development of goals and objectives, selection of materials, development of instructional methods, delivery of staff development, implementation of the curriculum area, and evaluation of the curriculum area.

Health & Wellness Committee Policy

§ 16-21-28. Health and wellness subcommittee.

(a) The school committee of each school district shall establish a district-wide coordinated school health and wellness subcommittee chaired by a member of the full school committee. **The subcommittee will make recommendations regarding the district's health education curriculum and instruction**, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well being of students and employees.

(d) The school health and wellness subcommittee shall be responsible for, but not limited to, development of policies, strategies, and implementation plans that promote purchasing and serving locally grown fruits, vegetables and dairy products and that meet the requirements of the child nutrition and WIC Reauthorization Act of 2004. **The school health and wellness subcommittee shall forward all recommendations regarding the district's health education curriculum and instruction, physical education curriculum and instruction, nutrition policies, and physical activity policies to the full school committee.**

NKSD Health Curriculum Timeline

2014: NKSD K-12 Health Curriculum last updated

2020: Update delayed due to Covid

2022: [RIDE updates Health Curriculum Framework](#)

Spring 2022: Health Curriculum Team convenes

Fall 2022: Health Curriculum Team updates NKSD Curriculum Documents 6-12 only

December 2022: Health Curriculum Team meets with Community Partners

February 2023: 6-12 Health Curriculum Open Forum for Parents

March/April 2023: Health Teachers worked to identify key lessons that will be used

May 2023: Presentation to NKSD Health & Wellness Committee

Physical Education/Health Integration

Middle School 6-8 Phys Ed/Health
Class Every other day for full year:

- DA- 2nd & 3rd Quarter (10 classes each- 20 total)
- DMS- 5 Health classes/quarter- 20 total
- WMS- 5 Health classes/quarter- 20 total

High School 9-12 Phys Ed/Health
Class Every other day block for a
semester:

- 7 blocks each semester (14 classes)

6-12 NKSD Health Curriculum Document

1. RI Guidance
2. NKSD Philosophy
3. RI Health Standards
4. SEL Core Competencies
5. Scope & Sequence by grade level

Health Opt Out Legislation

Three (3) statutory waivers for exemption of a student from health education curricula pursuant to R.I. Gen. Laws:

- §§ 16-22-18(c) sexuality and family life
- §§ 16-22-17(c) HIV/AIDS
- §§ 16-21-7(a) the characteristics, symptoms or treatment of disease

Health Curriculum Materials

ETR: HealthSmart

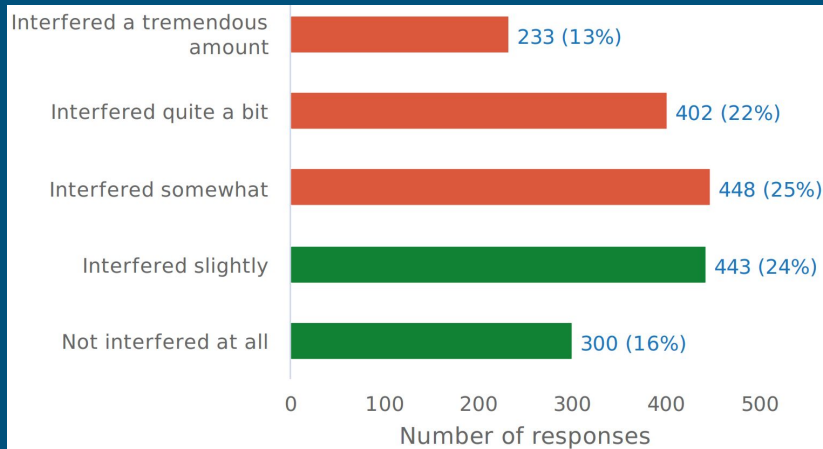
- Digital- updated
- Common slide decks
- Interactive lessons
- 6 separate units
- Hands-on activities, projects and discussion

McGraw Hill: Glencoe Health

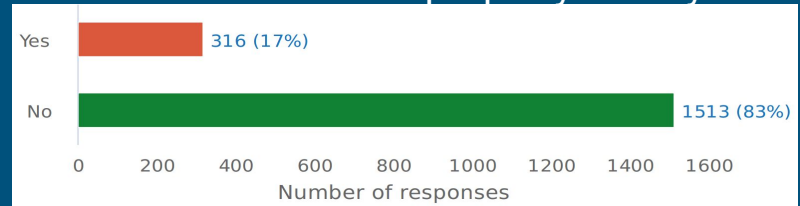
- Textbook sets for classroom
- Digital component = eBook
- Separate Healthy Relationships & Sexuality
- Factual information organized by chapters with comprehension questions

Survey Works Results- Spring 2022 (6-12)

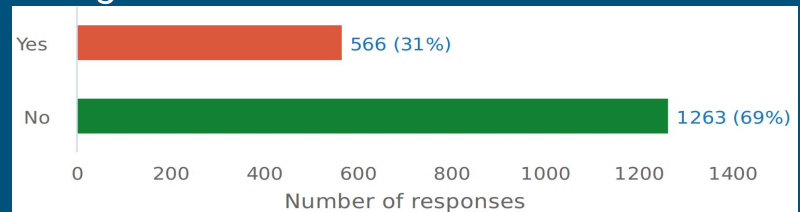
How much has stress interfered with your ability to participate in school the last 30 days? 60% Interfered



During the past 12 months, have you ever been bullied on school property? 17% yes



During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? 31% Yes



Rhode Island Student Survey 2022 (RIDOH/RIDE)

DMS

- Alcohol Use 16% (2018) to 23% (2022)
- Vaping 19% (2018) to 13% (2022)
- Bullying 61% (2018) to 56% (2022)
- Considered Suicide 19% (2018) to 15% (2022)
- Made a plan 53% (2018) to 50% (2022)*
- Attempted 44% (2018) to 36% (2022)*

NKHS

- Alcohol Use 35% (2018) to 41% (2022)
- Vaping 31% (2018) to 22% (2022)
- Bullying 49% (2018) to 40% (2022)
- Considered Suicide 13% (2018) to 15% (2022)
- Made a plan 57% (2018) to 52% (2022)*
- Attempted 42% (2018) to 42% (2022)*

WMS

- Alcohol Use 13% (2020) to 13% (2022)
- Bullying 66% (2018) 59% (2020) 56% (2022)
- Considered Suicide 9% (2018) 12% (2020) 16% (2022)
- Made a plan 31% (2018) 50% (2020) 64% (2022)*

* = % of those who considered suicide

Social & Emotional Needs: ETR Lessons

Lesson 1: Dimensions of Health

Lesson 2: Exploring Emotional Health

Lesson 3: Optimism & Positive Self-Talk

Lesson 4: Understanding Stress

Lesson 5: Stress Management Techniques

Lesson 6: Expressing Emotions in Healthy Ways

Lesson 7: Skills for Effective Communication

Lesson 8: Building Healthy Relationships

Lesson 9: Ending Relationships

Lesson 10: Coping with Loss & Grief

Lesson 11: Social Media & Mental Health

Lesson 12: Managing Anger

Lesson 13: Skills for Conflict Resolution

Lesson 14: Goal Setting for Emotional Health

Lesson 15: Understanding Mental Health Disorders

Lesson 16: Preventing Suicide

Lesson 17: Getting help for Mental Health Issues

Bullying: ETR Lessons

Lesson 10: Understanding Bullying & Cyberbullying

Lesson 11: Preventing Bullying

Lesson 12: Preventing Hazing

Lesson 13: Preventing Hate Violence

Lesson 14: Preventing Sexual Harassment

Lesson 15: Preventing Dating Violence

Lesson 17: Understanding Sexual Exploitation

Lesson 18: Understanding Sexual Abuse

Lesson 19: Protecting Yourself

NKSD also uses the [Safe Dates](#) curriculum in compliance with the [Lindsay Ann Burke Act](#)

Vaping: ETR Lessons

Lesson 5: Vaping & Other Tobacco Products: Get the Facts

Lesson 6: The Benefits of Quitting Tobacco Use

Lesson 9: Drugs & the Law

Lesson 11: Analyzing Influences of Tobacco, Alcohol & Other Drug Use

Lesson 13: Cigarette & Vape Advertising: Then & Now