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# Teaching and Learning

North Carolina Department of Public Instruction



1/26



## Healthy Children Learn Better

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### Healthful Living Update

This month the updates offers a lot of opportunities, please be sure to scroll through the entire document.

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### Human Trafficking Prevention Month

# WHAT IS HUMAN TRAFFICKING?



## BLUE CAMPAIGN

One Voice. One Mission. End Human Trafficking.®

### January 11th is #WearBlueDay

Stopping human trafficking starts with understanding it. Join the Blue Campaign on January 11, 2026, National Human Trafficking Awareness Day (#WearBlueDay), to learn the facts, end the misconceptions, and start the conversation.

#### [Blue Campaign](#)

NCDPI Education Building and other government agency buildings illuminated in Blue.

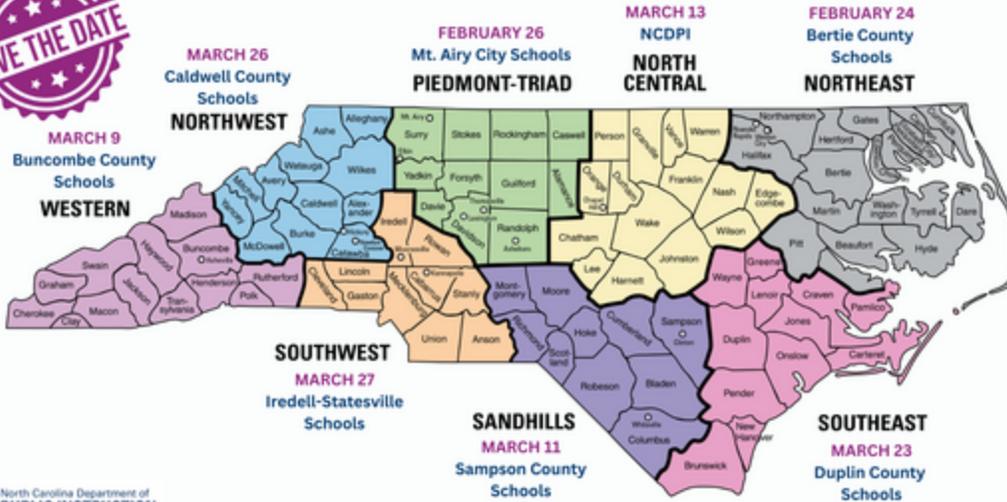
The Blue Light Campaign is a public awareness effort, organized by the NC Department of Administration, that uses blue lighting to shine a visible light on the issue of human trafficking and to honor victims and survivors. Human trafficking affects communities in every part of our state, and awareness remains one of the most important tools in prevention and response.

By lighting our buildings in blue, state agencies across North Carolina join in sending a clear message that this issue matters, that survivors are seen, and that our workplace stands for dignity, safety, and respect for all people.

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## Standards Implementation Regional Workshops

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These trainings will be open to all Healthful Living Teachers. The training will be composed of two sessions, Physical Education in the morning, Health Education in the afternoon. Attendees may chose to participate in either of the sessions or both.

Registration will be required for attendance with links being sent in the near future.

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## New Standards Implementation Office Hours

The 2025-2026 academic year will witness the implementation of the new Healthful Living Standards. As districts engage in the transition, office hours will be available throughout the year to support this process. During these sessions, participants will be given the opportunity to pose questions, explore resources, and learn how other districts are implementing the new Healthful Living Standards.

Session #4  
January 20  
3:30 – 4:30 pm  
[Registration](#)

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## NCDPI Healthful Living Webinar Series

Health Education Policy and Legislative Update

This session discusses the current NC Statutes and State Board Policies associated with Health Education while providing updates on the requirements for Health Education.

January 28, 2026

3:30 4:30 pm

[Registration](#)

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## **11 Principles of Character Education: Building School Cultures Where Every Student Thrives**

9 am - 4 pm

March 25, 2026

Harnett County Schools

Gentry Development Center

114 Porter Drive Erwin, NC

Join NCDPI for a full-day, interactive professional development session designed to help schools learn how to use the 11 Principles to create a culture of character in their classrooms, schools, and districts. This session will introduce a wide range of approaches, strategies, and practices that school leaders can implement immediately to transform their school climate and culture. Whether your school is beginning its journey or seeking to deepen its implementation, this workshop will provide:

- A clear overview of each principle
- Examples from NC Schools of Character
- Practical strategies for improving school culture
- Tools for assessing progress and gathering evidence
- Support for completing the School of Character Application

[Registration Flyer](#)

[Registration Form](#)

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**Save the Dates**

*Back by popular demand!*

## **Growing Success for MLs and The Standards Academy**

**Save the 2026  
Summer  
Conference  
Dates!**

**Face to Face  
June 23 - 25**  
*Cleveland High School  
1892 Polenta Road,  
Clayton NC 27520*

**Virtual  
July 13 - 16**

High-quality, Research-  
based Sessions

Statewide Collaboration  
and Networking

Alignment and  
Consistency

Experts from across the  
State and NCDPI





## Find Gratitude Through Movement

This month in physical education, we're celebrating the power of gratitude, kindness, and teamwork through our Gratitude Games!

These activities invite students to move, play, and connect while reflecting on what they're thankful for and how they can show kindness to others. Through cooperative challenges, team relays, and meaningful reflection, students learn that movement builds strong bodies and strong hearts.

[Go To The Games](#)

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## Instant PE Fun

Looking for quick and engaging ways to start class? Dice Games are the perfect addition to our Instant Activities module. Designed to energize students and promote teamwork from the moment they enter the gym.

With just a few dice, students jump, toss, dribble, and cheer their way through challenges that build cooperation, communication, and fitness.

[View K-5](#)

[View 6-12](#)

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## Fun Start Move Smart

### Learning to Move, Moving to Learn Resource Guide (2023)

Be sure to scroll down the left side and down to the bottom of each Page as the site is packed with resources.

[Website](#)

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## Opportunity #1

### New Online Course Helps Professionals Address Youth Gambling, Gaming, and Digital Media Risks

The [Adolescent Gambling and Gaming Series](#) is a new online course designed to help behavioral health professionals and youth-serving organizations respond to the growing risks of adolescent gambling, gaming, and digital media use.

Developed by [UNC Behavioral Health Springboard](#) (UNC-BHS) in collaboration with Alison Wood of the NC Problem Gambling Program and subject matter experts, the course offers a practical, evidence-based approach to prevention, screening, and treatment.

Research shows:

- **15–20%** of youth gamble regularly
- **2–8%** show signs of problematic gambling
- **Online gambling and sports betting** are rapidly expanding
- **Gamified and Gamblified platforms reinforce risky behaviors** through dopamine-triggering mechanics

These trends are linked to rising rates of anxiety, depression, substance use, family instability, and suicide ideation among youth.

This is the first course to connect gambling, gaming, and digital media use as overlapping high-risk behaviors. It's interactive, engaging, and accessible to professionals in schools, juvenile justice, and community organizations.

**Register for the course:** [Adolescent Gambling and Gaming Series | Behavioral Health Springboard Registration Flyer](#)

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## Opportunity #2

### New Youth Gambling Prevention Curriculum Reviewers Needed

#### Stipend Available

The North Carolina Problem Gambling Program has teamed up with subject matter experts to create new youth problem gambling prevention curriculum. However, the curriculum is not just for those who work in

the problem gambling space! It focuses on preventing high-risk behaviors, substance misuse, and addictions by engaging youth in conversations around the neurobiology and neuropsychology of engaging in behaviors that promote a healthy and integrated brain while empowering them with media literacy and mental health literacy skills. We are looking for teachers who can engage by providing feedback on the curriculum during 10 virtual sessions starting in January of 2026. Stipends will be provided to teachers to engage in the virtual sessions. In addition, there will be a grant announcement in March of 2026 for middle schools, high schools, and community organizations who work directly with youth to apply for a grant to teach the curriculum and engage in research to help advance the curriculum to become evidence based. Please reach out to Alison Wood at [alison.wood@dhhs.nc.gov](mailto:alison.wood@dhhs.nc.gov) to learn more.

[New Curriculum Flyer](#)



The Healthful Living Consultant at the NC Department of Public Instruction makes every effort to provide relevant, timely information to stakeholders collected from numerous state and national sources. The inclusion of items in this update does not imply the endorsement of this agency.

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