

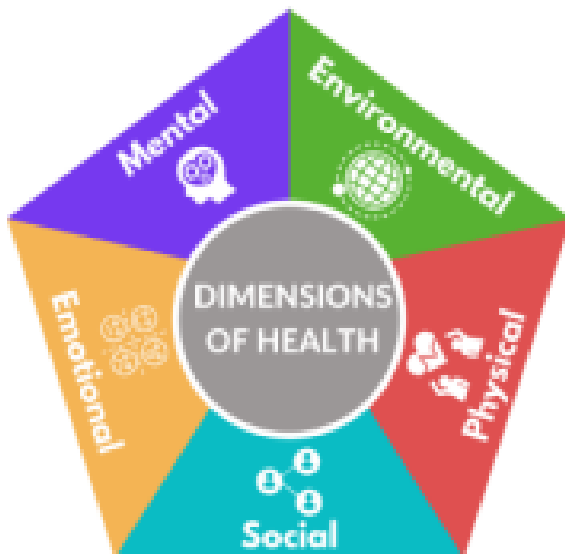
Health Overview K-5

Beliefs and Goals

The focus of quality health education is to develop the knowledge and skills students need for a lifetime of healthy living. This requires sufficient time for students to practice healthy behaviors and ensures that students of all backgrounds and identities can learn what they need to live their best, healthiest lives.

The eight main standards in health education center on these essential lifelong skills:

1. Understanding health content and concepts
2. Analyzing influences
3. Access valid information
4. Interpersonal communication
5. Decision-making
6. Goal setting
7. Health-enhancing practices
8. Advocacy



Curriculum

The Great Body Shop

- Skill-based lessons targeting different learning styles and levels
- Culturally relevant with diverse lessons and characters
- Aligned to state and national standards
- Developmentally appropriate, and evidence-based
- Up-to-date monthly student issues, family bulletins, print and digital materials in four languages



Comprehensive Sexual Health (Erin's Law)

Safe Touch

- Research Based
- Includes Family Materials



Suicide Prevention (Adi's Act)

Sources of Strength

- Strength based, upstream prevention program that gives students opportunities and tools to develop coping strategies and build protective factors.

SEL

Character Strong

- Curricula and trainings that improve behavior, increase safety, and support mental health.



Assessment

The Great Body Shop

- Each instructional unit includes a variety of assessments, both formative and summative. Assessments include performance tasks, constructed response questions, pre and post-tests, and unit quizzes.

Standards and Mapping

The Oregon State Standards define what students should know and be able to do within a content area at specific stages in their education. In addition to setting and supporting the educational standards, the goal of the standards and instructional support team is to ensure that every learner's strengths are recognized and their skills are developed through the opportunity to receive high-quality instruction, programming and services.

- [Oregon State Health Education Standards](#)
- Curriculum Mapping



Digital Resources

The Great Body Shop: When students are rostered with The Great Body Shop they and their families will be given instructions on how to access materials online.