



Here are the conditions necessary to foster quality health education and the ways we can better collaborate towards improvement.

Staff

Health-certified teachers, or dedicated Health Education teachers, who are consistently assigned to teach the subject each year are the most important component of sustainable Health Education. For middle and high schools, we will help you identify dedicated Health Education teachers, support them in becoming health-certified if needed, and work with you to consistently assign them each year. For elementary schools, we will help you identify two lead Health Education champions who can spearhead Health Education curriculum integration among classroom teachers, according to standards.

Schedule

Health Education scheduling improvements are key to ensuring all students are able to learn. To make sure your schedule meets requirements for students equitably, and that it is reflected accurately in Central programming systems, we will provide you with guidance and/or consult with you on how to improve scheduling.

Observe

In year two and/or three of our plan, we will invite you to professional learning opportunities and provide you with guidance on observing Health Education to ensure content meets standards and grade level outcomes.

Encourage Learning

Your support for Health Education professional development can contribute to quality instruction and will keep your teachers engaged. With your support, we will hone your Health Education staff's skills and develop leadership through professional learning plans and recognition. We will also share information about free programs and other resources.

Communication

Families and caregivers make strong partners to ensure students are prepared for Health Education class. When families know what to expect, are informed of student progress, and learn about the benefits of Health Education knowledge and skills, they can reinforce healthy habits outside of school. We will provide you and your staff guidance, tips, and templates to help you improve family engagement.

Educate Community

Your Health Education staff, health services staff, and/or School Wellness Council champions can play an important role in educating your school community by planning and sharing health and wellness opportunities with students, families, staff, and community. We will help you identify school collaborations in order to participate in grants, community partnerships, and events to strengthen wellness in your school.

Include in CEP

Including wellness in your CEP demonstrates a commitment to educating the whole child and can show what your leadership team does to prioritize instructional requirements around learning and practicing healthy habits. We will work with your Health Education staff and wellness champions to support goals and engage your school community in meeting them.

Designate Space

Designating appropriate classroom space ensures that students can participate in quality Health Education class. Also, identifying other school areas that can promote consistent health messaging to help students practice health skills and knowledge (e.g., cafeteria, gardens, health resource room, guidance and nurse's office, school based health centers) is essential. We will consult with you to ensure health class space is appropriately scheduled while sharing resources and opportunities to create a consistent, health promoting school environment.

Foster Inclusivity

Your Health Education class should encourage students to accept individual differences and develop inclusive behaviors, with staff modeling what students are expected to learn in Health Education, especially around sensitive topic areas. We will offer Health Education and other school staff professional learning on establishing and maintaining inclusivity as a core value of participation and learning in Health Education.