

## Mission Statement

**Health Education** instills the skills and knowledge necessary to enhance the health and wellness of self and others across the lifespan. Drawing on knowledge and health issues from the biological, environmental, psychological, social, physical, and mental sciences, students are given the opportunity to apply essential skills to reduce health risks and promote wellness. Students, therefore, will:

- Use interpersonal communication skills to enhance the health of self and others.
- Demonstrate the ability to use goal setting and decision making skills to enhance health.
- Comprehend concepts related to health promotion and disease prevention.
- Evaluate the validity of health information and health promoting products and services.
- Demonstrate the ability to advocate for personal, family and community wellness.
- Demonstrate the ability to practice health enhancing behaviors and reduce health risks.
- Analyze the influence of culture, media, technology and other factors that affect health decisions and behaviors.
- Use teamwork and leadership skills to enhance health of self and others.
- Understand the scientific base of health and use technology to access valid health information and services.
- Demonstrate how academic knowledge and skills are applied in family, community, workplace and other settings.

## Health Education 8-12

**Health Education** is designed to help students gain the skills, knowledge and attitudes necessary to remain safe and healthy throughout their lives. Health Education at Shenendehowa follows the NYS Navigate by the Stars curriculum. Students learn and practice essential skills in the context of realistic health related situations that are relevant to adolescents. Students will be able to apply these skills when faced with issues that impact their current and future health. In addition, Health Education provides multiple opportunities for students to read, write, and compute in the context of real-life situations. Health Education at Shenendehowa is taught over two grade levels: grade 8, 20 weeks; grade 11, 20 weeks.

### HEALTH ENHANCING SKILLS:

- COMMUNICATION
- DECISION MAKING
- PLANNING AND GOAL SETTING
- STRESS MANAGEMENT
- ADVOCACY
- SELF MANAGEMENT
- RELATIONSHIP MANAGEMENT

### FUNCTIONAL KNOWLEDGE TOPICS:

- VIOLENCE PREVENTION
- ALCOHOL AND OTHER DRUGS
- TOBACCO
- PHYSICAL ACTIVITY & NUTRITION
- FAMILY LIFE & SEXUAL HEALTH
- HIV/AIDS/STI
- UNINTENTIONAL INJURY PREVENTION

## Middle School

### SPECIAL PROJECTS INCLUDE:

- Communication Role Plays
- Completion of Learning Labs on Alcohol, Tobacco & Other Drugs
- Decision Making Games
- Personal Goal Setting project
- Eating Disorder Presentations
- Advocacy presentations

## High School

### SPECIAL PROJECTS INCLUDE:

- American Red Cross Adult, Child and Infant CPR for all high school students
- Speakers from community agencies
- Personal Goal Setting project
- Stress Management project
- Advocacy presentations
- Profile of a Healthy Shen Student project

## Health Education Faculty

### MIDDLE SCHOOLS

Carol Funyak - Acadia  
Funycaro@shenet.org

Jessica Hull  
Hulljess@shenet.org

Amy Preston  
Presamy@shenet.org

### HIGH SCHOOL

Nicole Holehan  
Holenico@shenet.org

Stephanie Buono  
Buonstep@shenet.org



## Health Education

### HEALTH EDUCATION

*Health Enhancing Skills  
Functional Knowledge  
Applied Academics*

Becky Carman  
Director of Policy and Community  
Development  
Academic Administrator for Health Education  
K-12  
Shenendehowa Central Schools  
970 Route 146  
Clifton Park, New York 12065

**Shenendehowa  
Central Schools**