

Health Education Faculty

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Health Education

HEALTH EDUCATION

*Health Enhancing Skills
Functional Knowledge
Applied Academics*

**Shenendehowa
Central Schools**

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 6-12

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 three grade levels: grade 6, 10 weeks; grade 8, 20 weeks; grade 11, 20 weeks.

HEALTH ENHANCING SKILLS:

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

FUNCTIONAL KNOWLEDGE TOPICS:

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

Middle School

SPECIAL PROJECTS INCLUDE:

- American Red Cross Adult CPR for all 8th grade students
- *Too Good For Drugs:* A program about making responsible decisions sponsored by the Prevention Council in Saratoga, NY and presented by Shenendehowa High School students.
- *A World of Difference:* A program on diversity sponsored by Anti-Defamation League (ADL) and presented by Shenendehowa High School students.
- Advocacy presentations
- Personal Goal Setting project
- Presentation by Shenendehowa School Resource Officer on health related issues

High School

SPECIAL PROJECTS INCLUDE:

- American Red Cross Adult, Child and Infant CPR for all high school students
- Speakers from community agencies
- Stress Management project
- Presentation by Shenendehowa School Resource Officer on health related issues
- Advocacy presentations