

## **Middle School Wellness Course Description May 2006**

A team of middle school teachers met on Friday, May 19, 2006 to identify the content standards and to develop an outline of the middle school "Wellness Curriculum." The committee consisted of teaching and support staff representing ten of the eleven middle schools.

Blackhawk	Diane Coccari, Ben Fleck and Mary Hunt
Cherokee	Jo Jensen
Hamilton	Kathy Goldsworthy
Jefferson	Kathy Holt
O'Keeffe	Shannon Stevens
Sennett	Holly Hanvik
Sherman	Gladys Blackmon
Spring Harbor	Sherry Lucile
Toki	Mark Seidel and Peggy Bauman
Wright	Monica Wightman

The charge of the committee was to develop a "wellness curriculum" which is to be implemented during the 2006-07 school year.

*"Wellness/Healthy Living education will be required as follows:*

- In 6<sup>th</sup> grade, a nine week course or a course offered every other day for a semester will be provided.*
- In 7<sup>th</sup> and 8<sup>th</sup> grades, a class or health units integrated in other disciplines i.e. Family and Consumer Education, or Physical Education or Science will be required."*

The design team reviewed DPI standards for FACE and Health Education. In addition, wellness recommendations from the U.S. Center for Disease Control were considered. The standards identified below provide a framework for program implementation at all three grades. This document is a just a beginning. Staff have agreed to continue to dialogue and share ideas and materials.

## Middle School Wellness Standards (8)

- AODA
- Goal Setting and Decision Making
- Impact of Culture, Media, Technology and Other Factors on Health
- Mental and Emotional Health
- Nutrition
- Personal and Family Health
- Physical Fitness
- Sex Education

The following descriptors for each standard provide varying degrees of specificity. An attempt was made to describe the curriculum by grade level. However, the content of some standards are described as being introduced at sixth and reinforced at 7<sup>th</sup> and 8<sup>th</sup> grades.

**The next step in this process should involve a process in which specific competencies are developed to better describe the desired outcomes. In addition, specific “wellness” comments need to be developed for report cards.**

### Alcohol and Other Drugs:

#### Sixth Grade

- Alcohol Facts
- Tobacco Facts
- Marijuana Facts
- Inhalant Facts
- Refusal skills/Role plays
- Decision Making Skills
- ATM and its' effects on families

#### Seventh Grade

- Media influence
- Peer influence
- Legal issues
- Problem solving and consequences

#### Eighth Grade

- Peer Teaching
- Other drugs
- Problem solving and consequences

### Goal Setting and Decision Making

(Concepts are introduced in 6th grade and reinforced in 7th and 8<sup>th</sup>)

- Decision making process
- Personal values

Influence of peers, media and family  
Goal setting skills  
Communication skills

## **Impact of Culture, Media, Technology and Other Factors on Health**

### **Sixth Grade**

Media sources (TV, movies, video games, internet, books, magazines, music, radio, etc)  
Influence of media on personal health decisions (eating disorders.)  
Cultural influences  
Impact of media on body image, self-concept and self esteem

### **Seventh Grade**

Cultural influences  
Healthy behaviors  
Health Services  
Bullying/Harassment  
Evaluating Media Messages

### **Eighth Grade**

Bias in advertising  
Influence of media and culture on dating relationships

## **Mental and Emotional Health**

(Concepts are introduced in 6th grade and reinforced in 7th and 8<sup>th</sup>)

Stress and anger management  
Emotional Self-care  
Relaxation techniques  
Coping mechanisms  
Depression and other mental health concerns  
Empathy towards others

## **Nutrition**

### **Sixth grade**

Food Pyramid  
Food groups  
Basic nutrients  
Understanding  
Calories  
Serving's sizes  
Food safety and hygiene for cooking  
Food allergies, diet related diseases  
Recognizing healthy food choices  
Creating healthy menus  
Cultural and Media influences on eating

### **Seventh grade**

- Review Food Pyramid
- Nutrients
- Intro to USDA dietary guidelines
- Cultural and Media influences
- Food choices
- Food labels
- Body image
- Diet related diseases
- Food and emotions
  - Eating disorders
    - Anorexia
    - Bulimia
    - Compulsive overeating
- Vegetarian diets
  - Lacto
  - Lacto ovo
  - Vegan
- Menu planning

### **Eighth grade**

- Food Pyramid revisited online
  - [mypyramid.gov](http://mypyramid.gov)
- Diet and physical activity assessment
- Nutrition and fitness
- Hydration
- Carbohydrates
- Protein
- Technology's impact
- Food production
- Food quality
- Food selection on a budget
- Media influences
- General health
- Nutrition and food choices

## **Personal and Family Health**

### **Sixth grade**

- Relationship skills
- Personal health goal setting
- Stress management/coping skills
- Personal safety
- Internet safety
- Different family structures

**Seventh grade**

- Healthy relationships (dating)
- Stress management/coping skills

**Eighth grade**

- Dating violence/abusive relationships
- Respect for individual differences

**Physical Fitness****Sixth grade**

- Activity Pyramids
- Target heart rate
- Body composition (BMI)
- Influence of nutrition and drugs on fitness
- Relationship between calorie intake and level of physical activity

**Seventh grade**

- Develop individual physical activity plans
- Chart and evaluate personal fitness levels
- Target heart rate
- Body composition

**Eighth grade**

- Physical, psychological and social benefits of physical activity
- Community opportunities for physical activity

**Sex Education****Sixth grade**

- Human growth and development with a focus on changes during adolescence
  - Emotional
  - Social
  - Physical (including reproductive systems)
  - Mental/intellectual
- Body image and self-esteem
- Disease prevention
- Communication skills
  - Refusal skills
  - Conflict resolution
  - Healthy relationships
- Advocacy

**Seventh grade**

- Anatomy and physiology of the reproductive system (puberty)
- Child development
- Decision making skills/healthy choices
  - Personal responsibility
  - Refusal skills
- Sexual orientation
- Sexually transmitted diseases
- Influence of media and culture on sexual behavior
- Healthy relationships

**Eighth grade**

- Decision making
  - Abstinence
  - Contraception
  - Sexually transmitted diseases
- Healthy relationships
- Personal Advocacy
- Community resources