California Health Education
Professional Learning Series: Session 2
Online Synchronous Learning
Sharyn Turner
School Health Services Coordinator
sturner@nevco.org

Andrea Marks
Director of Curriculum, Instruction & Accountability
amarks@nevco.org

Marlene Mahurin
Tobacco Use Prevention (TUPE) Coordinator
mmahurin@nevco.org
Welcome to the Professional Learning Series: **Session 2**

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Learning Objectives

▷ Reflect on health education information and resources for the focus content areas
▷ Apply the learning to your current work
▷ Connect with other educators through peer-to-peer sharing and discussion
▷ Learn about building skill-based health education lessons
Key Background Information for Educators
Nutrition and Exercise:
How do we help students create healthy relationships with food and exercise?
How do you feel about your:

- Body?
- Exercise?
- Food?
We receive many messages about our bodies and worth.
Where do our students learn about body image?
How do these messages affect us?
We come in all shapes and sizes and can be healthy or unhealthy.
How can we approach these topics in a healthy way?

- Talk about the messaging
- Focus on health rather than appearance
- No food is “bad”
How can we approach these topics in a healthy way?

- Model healthy habits
- Manage stress
Mental Wellness:
Our students are struggling
Learning and Mental Wellness

It's so hard to focus. I'm not good enough.

Headache!

Maybe I should have stayed home.

Too much homework!

So many worries at home.

I'm so tired...

My grades are slipping.

I can't do this.

Overwhelmed.

I want to cry...

My stomach hurts.
every day is a struggle

#inourownwords
In Breakout Rooms

▷ What are your biggest concerns for your students regarding mental health as they return to the classroom following being home from the pandemic?
Mental and Behavioral Health Clinics

Home » Nevada County Resources » Mental Health » Mental and Behavioral Health Clinics

Please wait a few moments while your results load. Don’t see what you’re looking for? Call 2-1-1
Instructional Materials for Health Education

▷ Grades K-8 State Instructional Materials Adoption for Health Education was put on hold.

▷ That means, a list of textbooks, technology-based materials, and other educational materials are not available for districts to review for adoption.

▷ However, the CaliforniaHealthEducation.org website includes grade band resources to help educators teach high quality health education.
Helpful Educator Tips

▷ When using evidence-based curricula be mindful to connect it to the Health Education Standards to ensure we are building both knowledge AND skills of students so that they become health literate

▷ Use local data to guide which essential concepts are most relevant to your student population and even how long you spend reinforcing health content
Nutrition and Physical Activity Curriculum and Community Resources

- Nutrition and Physical Activity
- Growth, Development, and Sexual Health
- Injury Prevention and Safety
- Alcohol, Tobacco, and Other Drugs
- Mental, Emotional, and Social Health
- Personal and Community Health
Nutrition & Physical Activity Resources Spotlight:

- CENTER FOR ECOLITERACY
- NATIONAL FARM TO SCHOOL NETWORK
- Safe Routes to School National Partnership
- SHAPE America
- Nourish
Nutrition Education Resources

All lesson plans align to Common Core State Standards and are free for California educators.

**Free in California**
All products are free for CA educators and health professionals.

**Common Core**
All curriculum aligns to Common Core State Standards.

**Reorder Student Workbooks**
Reorder student materials each year + reuse teaching resources.

**Teacher Tested + Approved**
All lessons are tested + revised based on teacher feedback.
Discover MyPlate: Teachers Guide

The Discover MyPlate Teacher's Guide includes six standards-based, inquiry-led, student-centered and teacher approved lessons for kindergarten.

Available in print, by using our Resource Order Form. Also available in PDF, for download. If you have difficulty opening any of these files in your Internet browser, please right-click on the link and "save target as..." to download.

- Cover, Letter to Teachers
- Getting Started
- Lessons at-a-Glance
- Education Standards
- Lesson 1 Meet the Five Food Group Friends
Dreaming of fresh and tasty veggies at your fingertips? Start planning now for a new or upgraded garden with the Sierra Gardens Program!

Good food is our passion.
Mental, Emotional, and Social Health Resources

- Nutrition and Physical Activity
- Growth, Development, and Sexual Health
- Injury Prevention and Safety
- Alcohol, Tobacco, and Other Drugs
- Mental, Emotional, and Social Health
- Personal and Community Health
Mental, Emotional, & Social Health Resources Spotlight:
Check out our back-to-school supports and other free COVID-19 response resources:
secondstep.org/covid19support

COVID-19 RESPONSE

Resources for Educators and Families
Suicide Awareness and Prevention
- By Toby Guevin Nevada County Public Health, Suicide Prevention Coordinator

If you are in crisis, please CLICK HERE, or call 911.
Knowledge and Skills

Focus on teaching key essential concepts using standard/skill-based health education instruction
Gentle reminder of our Shift in Health Education

From a focus on Knowledge to a focus on Knowledge **AND** Skills that develop health literate students
Standards Based Instructional Design Process

1. Select a Standard
2. Determine evidence of learning
3. Move on or Reteach
4. Evaluate assessment data
5. Assess student learning
6. Plan instruction
7. Select assessment tool
8. Create learning opportunities
9. Deliver effective instruction
### Standards Based Instructional Design Process

<table>
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<tr>
<th>Step 1</th>
<th>Select a standard(s)</th>
<th>Ideally 1 or 2 Essential Concepts and 1 Skill standard.</th>
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<tbody>
<tr>
<td>Step 2</td>
<td>Determine the evidence of learning</td>
<td>Student work product in the form of a [assessment tool] will ____________ (verb, matching standard)</td>
</tr>
<tr>
<td>Step 3</td>
<td>Select assessment</td>
<td>Formative, Summative and/or Performance Based</td>
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**Supportive Tools**
- Health Education Standards
- Standard Guides
- Health Education and SEL Crosswalk
- Connect to other grade level content areas
- **Framework**: Chapter 8
- **MLA**: Let me Show you What I know and Can Do Framework: Chapter 3 Samples
Going back to the Online Course!

Building a skill-based Nutrition and Physical Activity lesson using the Framework

In Module Two you were introduced to the Standards-Based Instructional Design process. Using the resources available with the Framework you can create your own Nutrition and Physical Activity skill-based lesson.

For the example below, Physical Activity Stations, a Grade 5 Model Learning Activity (MLA) will be referenced.
As you reflect on your learning today, please use the chat to share an idea, thought, or point of view that grew for you.
Meeting Survey:

https://ocde.co1.qualtrics.com/jfe/form/SV_3Ubhd2YnlxYGl6t

Contact Information:

amarks@nevco.org
sturner@nevco.org
mmahurin@nevco.org