



NKSD K-5 Health Curriculum Presentation

Thursday, February 28, 2024



NKSC Policy: Curriculum Review & Updating

PROCESS: The curriculum improvement process will consist of a district-wide curriculum cycle, district goals and objectives for each subject in each grade level, a district scope and sequence, district time allocations for each subject, and a school level curriculum improvement process. A district curriculum committee, chaired by the curriculum director and composed of students, parents, teachers, administrators and elected officials will oversee the curriculum improvement process.

CURRICULUM CYCLE: A curriculum cycle will be established to provide for continuous updating and renewal of the curriculum. The cycle will consist of the following steps: assessment of student needs, development of goals and objectives, selection of materials, development of instructional methods, delivery of staff development, implementation of the curriculum area, and evaluation of the curriculum area.

Health & Wellness Committee Policy

§ 16-21-28. Health and wellness subcommittee.

(a) The school committee of each school district shall establish a district-wide coordinated school health and wellness subcommittee chaired by a member of the full school committee. **The subcommittee will make recommendations regarding the district's health education curriculum and instruction**, physical education curriculum and instruction, and nutrition and physical activity policies to decrease obesity and enhance the health and well being of students and employees.

(d) The school health and wellness subcommittee shall be responsible for, but not limited to, development of policies, strategies, and implementation plans that promote purchasing and serving locally grown fruits, vegetables and dairy products and that meet the requirements of the child nutrition and WIC Reauthorization Act of 2004. **The school health and wellness subcommittee shall forward all recommendations regarding the district's health education curriculum and instruction, physical education curriculum and instruction, nutrition policies, and physical activity policies to the full school committee.**

NKSD Health Curriculum Timeline

2014: NKSD K-12 Health Curriculum last updated

2020: Update delayed due to Covid

2022: [RIDE updates Health Curriculum Framework](#)

Spring 2022: Health Curriculum Team convenes

Fall 2022: Health Curriculum Team updates NKSD Curriculum Documents 6-12 only

December 2022: 6-12 Health Curriculum Team meets with Community Partners

February 2023: 6-12 Health Curriculum Open Forum for Parents

May 2023: Presentation to NKSD Health & Wellness Committee

Oct-Dec 2023: Convening of the K-5 Health Curriculum Committee

January 2024: Presentation to NKSD Health & Wellness Committee

Health Opt Out Legislation

Three (3) statutory waivers for exemption of a student from health education curricula pursuant to R.I. Gen. Laws:

- §§ 16-22-18(c) sexuality and family life
- §§ 16-22-17(c) HIV/AIDS
- §§ 16-21-7(a) the characteristics, symptoms or treatment of disease

K-5 Physical Education/Health Integration

Past

- Health topics were covered by classroom teachers, school/nurse teacher and integration with PE
- No standard curriculum materials or time allotment

Future

- Additional Health class taught by certified Health Teacher
- Standardized curriculum
- 100 min average compliance
- Spiraling curriculum covering all standards in grades K-5

K-12 NKSD Health Curriculum Document

1. RI Guidance
2. NKSD Philosophy
3. RI Health Standards
4. SEL Core Competencies
5. Scope & Sequence by grade level



K-5 Health Curriculum Materials

Great Body Shop

- Aligned to RI Health Standards
- Created to be taught once per week for 40 weeks
- Family info sheet
- Print and digital materials
- Embedded “Family Life”
- Updated 2023

Healthy Lifestyle Choices

- Aligned to RI Health Standards
- Taught in 9, 18 or 36 weeks
- Family info sheet
- Print & digital materials
- “Family Life” not included
- 3rd Edition 2018

Great Body Shop

- More choices of subjects (subtopics)
- Better coverage with national standards (food safety)
- Diverse subject matter
- Family Life included
- Visually easier to digest (colorful with pictures)
- Similar to Scholastic News (updated)
- Teacher Guide - reinforcement activities
- Text heavy - literacy skill dependent

Healthy Lifestyle Choices

- Sponsored by Volunteers of America
- Easy instructions/limited materials
- Very group based - small group discussions
- Bonus content
- No workbook/handouts
- Materials would be projected
- Copyright of 2018 (will it be updated ?)
- Everything is digital
- Activity based

Next Steps

- Present to NKSD School Committee : Feb 6. 2024
- Purchase materials
- Begin curriculum in grades K-2 in Spring 2024
- Full curriculum adoption in Fall 2024



QUESTIONS