

Duxbury Public Schools

Report of the Health Subcommittee K-12

Health Curriculum Update

May 2017

Members of the Subcommittee

Julia Adams	School Committee
Kathy Carney	Alden Nurse
Ava Cederlund	DHS Student
Rev. Catherine Cullen	Community Member
Lisa Dembowski	K-12 Guidance Supervisor
Helen Fulmer	DHS Student
Matt Gambino	School Committee
Meghan Guilfoile	DHS Student
Beth Halligan	Parent
Giovanna Henry	DHS Student Gay Straight Alliance
Thom Holdgate	Athletic Director
Laurie Hunter	Assistant Superintendent
Colleen Jones	DHS Health
Michaela Kelly	DHS Student
Mary Kate Lyons	DHS Student Gay Straight Alliance
Sue MacNeil	Alden Assistant Principal
Alissa Nemzer	DHS Guidance
Deb Pratti	DMS Health
Joe Scozarro	DHS Assistant Principal
Christine Sovik	Parent
Ben Tantillo	Superintendent
Donna Theodoussiou	DMS Assistant Principal
Karen Whitaker	Alden Principal

Overview

The Health Subcommittee's charge focused on continuing the work that began during the 2015-2016 school year. The committee membership represented multiple stakeholders including students, parents, community members, teachers and administrators in efforts to include as many perspectives as possible. The committee process included:

- Review of curriculum changes for 2016-2017
- Review of proposed curriculum changes for 2017-2019
- Review of School Committee policies relative to health requirements for graduation and the School Health Advisory Council
- Review of staffing and scheduling needs to implement a comprehensive curriculum
- Discussion of verbal substance screenings, mindfulness activities and a whole school approach to student wellness
- Recommendations for the 2017-2018 school year

Curriculum Changes 2016-2017

In the spring of 2016, it was determined that the updates and additions to the health curriculum would have to occur over time. A three-year plan was formulated. 2016-2017 was year one of the three years. The focus for the current school was to:

- Return the puberty programming into the grade 5 school day

This was accomplished through updated movie presentations in December of 2016. Students then were able to ask questions of the nursing and health staff while among their peers.

- Reformat the grade 8 health semester to address important topic of sexual education and substance use

The entire grade 8 semester was reconfigured in order to allow for introductory sexual education material to be included. The material previously covered in grade 9 now is embedded into grade 8. Substance use units were also developed and implemented.

- Expand on the topics for grade 6 to serve a broader spectrum of standards
Units on stress, peers and emotions are now in place to provide students coping skills. A commitment was made to ensure time was available for lessons on drugs and alcohol.
- Integrate digital citizenship as possible at all levels

The libraries at both elementary school now approach additional discussions of digital citizenship. Lessons and units are now included within the health curriculum at the secondary level including a partnership with the middle school guidance office and school resource officer.

Planned Curriculum Changes (2017-2019)

The following information outlines the curriculum planned for the coming two school years:

Grade 6

PREVIOUS	NEW
<p>1. Staying Healthy</p> <ul style="list-style-type: none"> • Physical Health • Social Health • Mental Health <p>2. Building Healthy Relationships</p> <ul style="list-style-type: none"> • Developing Self Esteem • Dealing with Peer Pressure <p>3. Growth and Development</p> <ul style="list-style-type: none"> • Puberty • Hormonal Changes • Bodily Changes <p>4. Gateway Drugs(Often not covered due to lack of time)</p> <ul style="list-style-type: none"> • Tobacco • Alcohol • Marijuana 	<p>1. Health and Wellness (Health Triangle)</p> <ul style="list-style-type: none"> • Physical Health • Mental Health • Social Health • Factors that influence one’s health <p>2. Stress/ Peers / Emotions</p> <ul style="list-style-type: none"> • Stress Management • Peer Pressure • Character traits • Emotions • How the above topics influence one’s health <p>3. Tobacco/ Alcohol</p> <ul style="list-style-type: none"> • How tobacco affects the body • How alcohol affects the body • Health Issues associated with tobacco and alcohol • Refusal Skills <p>4. Puberty</p> <ul style="list-style-type: none"> • Emotional changes • Physical Changes • Good Hygiene

Grade 7

PREVIOUS

NEW

Nutrition	Nutrition
	Concussion Management
	Peer Relationships and Social Media

Grade 8

<p>1. Stress Management</p> <ul style="list-style-type: none"> • Stress Reduction • Depression / Suicide Prevention <p>2. Family Life</p> <ul style="list-style-type: none"> • Communication Skills • Healthy Relationships • Dating Violence Prevention <p>3. First Aid / CPR</p> <ul style="list-style-type: none"> • Basic First Aid Protocol • Shock, Burns, Bleeding Injuries • Obstructed Airways <p>4. Nutrition</p> <ul style="list-style-type: none"> • Food Groups • Essential Nutrients • Reading Food Labels • Food-Borne Illness Prevention <p>5. Drug Prevention</p> <ul style="list-style-type: none"> • Tobacco and Dip • Alcohol • Marijuana • Stimulants and Depressants • Prescription and OTC Drugs 	<p>1. Stress Management and Mental Disorders</p> <ul style="list-style-type: none"> • Stress Reduction • Anxiety Disorders • Mood Disorders • Depression / Suicide Prevention <p>2. Family Life and Interpersonal Relationships</p> <ul style="list-style-type: none"> • Communication Skills • Healthy Relationships • Friendships, Casual and Dating Relationships • Dating Violence Prevention <p>3. Reproductive Health and Human Sexuality</p> <ul style="list-style-type: none"> • Male Reproductive System • Female Reproductive System • Sexually-Transmitted Infections and HIV/AIDS Prevention • Abstinence Skills <p>4. Drug Prevention</p> <ul style="list-style-type: none"> • Tobacco, Dip and Vapes • Alcohol • Marijuana • Stimulants and Depressants • Club Drugs / Designer Drugs • Prescription and OTC Drugs • Heroin and Opioids
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Grade 9-10 (2017-2018)

Project Adventure

2.17, 2.23, 2.26, 2.27, 5.11, 5.15, 5.19

Aerobics

2.17, 2.18, 2.20, 2.23, 2.25

Weight Training

2.18, 2.20, 2.21, 2.22, 2.25, 2.26

Human Sexuality

Interpersonal relationships &

Cyber bullying

1.12, 4.12, 4.13, 4.14, 4.15, 4.17, 4.18,
4.19, 4.20, 5.15, 6.14, 7.11, 7.13, 7.14, 7.15
7.16, 7.17, 9.15

Substance Abuse

10.7, 10.8, 10.9, 10.15

Mental (Social/Emotional)

5.11, 5.12, 5.13, 5.16, 5.17, 5.18, 5.19

anxiety and depression

Nutrition

3.14, 3.15, 3.16, 3.20, 3.21

Aerobics

2.17, 2.18, 2.20, 2.23, 2.25

Substance Abuse

10.7 through 10.15

Health & Safety

- *CPR/First Aid*

9.8, 9.11, 9.12, 9.19, 9.20

Distracting Driving

Melanoma Education

(*Melanoma Foundation*)

Grades 11-12 (2018-2019)

Safety & Injury Prevention

- *Dating Violence & Prevention*

9.15, 9.16

Community & Public Health

- *Sexual Health Booster*

- *Disease Prevention and Control*

- *Current Health Epidemics*

4.13, 4.15, 4.18, 14.9, 14.10, 14.11

Substance Abuse

- *Booster*

10.7 - 10.15

Ecological Health

13.3, 13.4, 13.5

Health & Safety

- *CPR/First Aid Recert*

9.8, 9.11, 9.12, 9.19, 9.20

Mental Health

- *Stress Reduction Techniques*

- *Coping Skills*

5.11, 5.18, 5.19

Nutrition

- *Booster*

- *Athletic Nutrition*

- *Steps to Healthful Weight Gain/Loss*

3.14, 3.15, 3.16, 3.20, 3.21

Review of School Committee Policies

Two School Committee policies underwent review at the subcommittee and School Committee levels to better reflect the purpose of the program and needs of the students. The complete text of both policies is found on the web page of the Duxbury Public Schools at <https://www.duxbury.k12.ma.us/domain/80>.

- **IKF Academic and Graduation Requirements**

The updated policy now includes a requirement for health coursework throughout a student's high school career in order to be eligible for graduation. Coursework is required now in both grades 9 and 10. Beginning with the Class of 2020, coursework will be required in either grade 11 or 12.

- **CEA School Health Advisory Council**

The School Health Advisory Council was recessed during the intense work of the Health Subcommittee. As the work shifts, the reformation of the team outlined in the policy should resume. Prior to that reconvening, the title, charge, membership and tasks of the committee were reviewed. The group is now titled the School Wellness Advisory Council in alignment with the Department of Public Health regulations. The Council will meet in the fall of 2017.

Review of Staffing and Scheduling

Grade 6: One quarter on an A/B schedule (15 classes)

Grade 7: One quarter on an A/B schedule (13-15 classes)

Grade 8: One semester course

Grade 9: Intro to PE/Health

Grade 10: Health and Wellness 10

Grade 11/12 Health and Wellness 11/12 (beginning with class of 2020)

As a result of the increased needs, the staff is increasing its depth of health certifications and a .3 position has been added to the high school physical education and health department. Additional review of staffing will occur as part of the FY19 budget development.

Discussions

The Health Committee discussed a number of other topics related to the wellness of students. These discussions were addressed as agenda items in order that a range of stakeholders could engage and offer feedback.

- **Verbal Substance Screenings**

All freshmen were screened verbally for substance use during the 2016-2017 school year. The school nurses were trained in the Screening, Brief Intervention and Referral to Treatment (SBIRT) tool. This process was part of a pilot program that will lead to compliance with Massachusetts State Law required screenings of two grades levels during the 2017-2018 year.

- **Duxbury High School Gay Straight Alliance**

Student members of Duxbury High School's Gay Straight Alliance (GSA) initiated a conversation as to the message and important topics in the updated health curriculum. They offered suggestions and strategies to engage students respectfully and thoughtfully. The GSA attended both a Health Committee meeting and then returned to share their ideas with the District Curriculum Committee.

- **Calm Classroom**

The Health Committee heard information about implementation of the Calm Classroom program planned for the 2017-2018 school year. Through funding from the Duxbury Education Foundation, training will occur at all four schools in these simple, but powerful practices to help students manage stress and increase focus in the classroom.

- **Society of Health and Physical Educators (SHAPE) America**

The Health Committee reviewed SHAPE America's framework, "Using the Whole School, Whole Community, Whole Child Model to Ensure Student Health and Academic Success". The paper outlined ten key components of a successful and effective wellness model including health education, physical education and physical activity, nutrition environment and services, health services, social and emotional climate, counseling, psychological and social services, physical environment, employee wellness, family engagement and community involvement.

Recommendations for the 2017-2018 school year

- Convene the School Wellness Advisory Committee according to the policy adopted in May 2017
- Review the School Committee Wellness Policy on Physical Activity and Nutrition ADF
- Receive updates as to implementation of last phase of high school implementation for upper classmen
- Receive updates as to implementation of the Calm Classroom program across the schools
- Explore programs such as Challenge Success (challengesuccess.org) or the social and emotional work of networks such as Social-Emotional Learning in Massachusetts (<http://www.exselmass.org>)
- Review 2017 Youth Risk Behavior Survey data