

2014 Comprehensive School Health Education Spring Conference

Health Education: Navigating the Way to Proficiency



RSU #3

Providing the communities of Brooks, Freedom, Jackson, Knox, Liberty, Monroe, Montville, Thorndike, Troy, Unity and Waldo with quality educational services since 1958.

Mount View High School Health Education

Casey Holmes, ATC

Same great kids, same devoted staff, same solid framework.

Now more enhanced by a focus on essential learning.

➤ Process of developing a district wide proficiency based education system has:

- Increased K-12 collegiality
- Access to professional development
 - Instructional strategies
 - Classroom management
- Enabled involved in development of Maine Cohort for Customized Learning Health Measurement Topics



- K-12 dissemination of Measurement Topics based on student developmental readiness
- Program of Studies developed around measurement topics
- Semester courses of Health I and Health II featuring scaffolding learning

Health Measurement Topics

- Set clear and transparent expectations for student learning
- Students have increased accountability and engagement
- Indicates increased learning outcomes

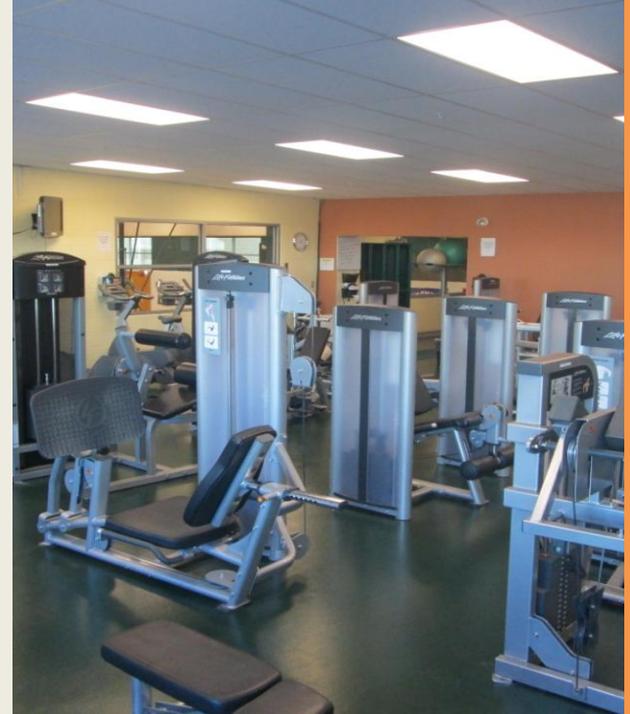


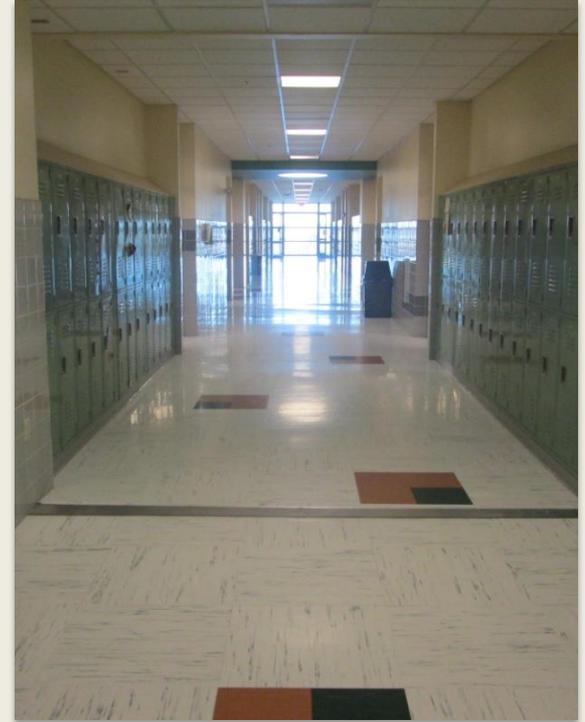
➤ Day to Day

- New units begin with opening dissection of measurement topics to “hook” students
- Students complete pre- assessment based on lower level rigor and declarative knowledge to establish readiness
- Units designed with formative assignments leading to summative assessment
- Gives students opportunity to move at individual pace (At or above instructor pace)
- Leads to increased student voice/choice in displaying mastery of learning



Mount View
is not only
transforming
structurally,
but also
educationally.





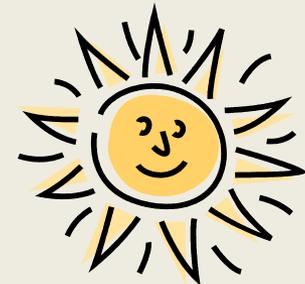
Navigating the Way to Proficiency

How do we get there?

That's why we are here....

to discover this path together.

Thank you!



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Health I: ½ credit

In the health program, students will examine their lifestyles, select goals, and make plans to achieve and maintain optimum health. The health curriculum is designed to change patterns of living so that young people select behaviors that lead to a lifestyle conducive to good health. The students' ability to differentiate between healthy behaviors and harmful high- risk behaviors will be a major focus of the program.

(CRN #500)

Students will be expected to show proficiency on **Prior Knowledge** to continue their learning pathway, which includes the following standards:

Measurement Topics	
PERSONAL HEALTH	
<i>NUTRITIONAL HEALTH</i>	
Level 07	Understand that preparation and storage of food in safe and sanitary ways keeps people healthy.
<i>MENTAL HEALTH</i>	
Level 06	Understand the warning signs of depression, resources for help and how to help others and self.
Level 07	Understand ways to help prevent suicide for self and others including accessing resources.
Measurement Topics	
GROWTH AND DEVELOPMENT	
<i>HEALTHY RELATIONSHIPS</i>	
Level 06	Understand intervention/ prevention strategies for abuse including sexual abuse.
<i>REPRODUCTIVE HEALTH</i>	
Level 05	Understand the stages of pregnancy.
Level 06	Understand safer sex practices, birth control procedures, and how to access resources.

Measurement Topics	
PREVENTION AND CONTROL OF DISEASE AND DISORDER	
<i>COMMUNICABLE DISEASE</i>	
Level 05	Understand how to prevent and treat each type of pathogen.
Level 06	Understand the short and long- term effects of communicable diseases on physical, social, emotional and mental well-being.
<i>NON- COMMUNICABLE DISEASE</i>	
Level 03	Understand the physical, emotional and social effects of non-communicable diseases including locating valid and reliable resources for support.
Measurement Topics	
SAFETY	
<i>RECOGNIZING AND RESPONDING</i>	
Level 01	Understand the purpose of personal protective equipment (P.P.E.), survey the scene.
Level 02	Understand the steps to assess the victim.
Level 03	Understand how to care for personal health emergencies.
Level 04	Understand how to care for internal and external injuries.
Level 05	Understand how to care for environmental emergencies.
Level 06	Understand how to relieve airway obstruction for infant, child, and adult.
Level 07	Understand the steps for performing CPR on adults, children, and infants.
Level 08	Understand the steps for using an AED.