



**SOUTH SHORE REGIONAL SCHOOL BOARD  
CURRICULUM UPDATES AND CONTACT INFORMATION  
Last updated: October 15<sup>th</sup>, 2012**

***HEALTH EDUCATION***

Contacts

Department of Education  
Natalie Flinn, Active Healthy Living Consultant  
Phone: (902) 424-6134  
Email: [flinnj@gov.ns.ca](mailto:flinnj@gov.ns.ca)

South Shore Regional School Board  
Mark MacLeod, Coordinator of Programs P-12  
E. [mmacleod@ssrsb.ca](mailto:mmacleod@ssrsb.ca)  
Phone: (902) 541-3044

If teachers have not yet downloaded the curriculum documents, they can be found (not all) in various stages (final, draft, conceptual, ..) on the protected website: <http://www.educators.ednet.ns.ca> along with other core resources for particular subjects as well as Learning Outcomes Frameworks for P-6, 7-9 and 10-12 (lists all the GCO's and SCO's for each subject/course from P-12)

- Go to <http://www.educators.ednet.ns.ca/>
- Use your staff EDnet ID and password that you use at school
- Click on Health Education

The DoE are looking to house all the curriculum guides/documents in a central place in the near future-stay tuned as not all curriculum guides are on the fore-mentioned educator's site (i.e. Health P-9). This is called the Edu-Portal. Check this central place out at <http://edapps.ednet.ns.ca/eduportal> . You will need your Employee Number as found on your payroll information.

There may be old and new draft outcomes both on PowerSchool for subjects like Health P-9, Social Studies 5, etc. It is up to staff and principals to decide where they are in the implementation stage (usually a 3-year implementation for new curriculums). We encourage teachers to use the newer outcomes whenever possible, especially if there are support resources available (i.e. Health P-9).

Check out [www.myhealthmagazine.net](http://www.myhealthmagazine.net) (formerly the Yoo magazine). It is an on-line health and wellness program for young people and educators, delivered through a series of interactive, online resources.

Check out **Thrive** at <https://thrive.novascotia.ca/about-thrive> . Thrive is about a healthier Nova Scotia...for kids, for families, for all of us. It's a movement that's bringing Nova Scotians together to reshape our future. Thrive inspires, informs and supports everyone making the smart choices today, so our kids have a healthier, happier tomorrow.

Also check out Keeping Pace: Physical Activity and Healthy Eating Among Children and Youth. Key Findings from the 2009-2010 Study. This document was released June 2012.

*\*For Anti-Bullying Online resources check out [www.lrt.ednet.ns.ca](http://www.lrt.ednet.ns.ca) and click on the Bullying icon\**

## Select a grade for more information:

### Health Education

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## Grade Primary

### Health Education Primary

#### Provincial Guide

- Never was a P-3 Health Curriculum Guide. Use the Learning Outcomes Framework found at <http://educators.ednet.ns.ca/> and use your staff password to enter, go to Learning Outcomes Fr .., then Grades p-6 LOF ... and scroll down for Health at the various grades P-6. For 2012-2013, these new updated P-9 Health outcomes will be on the SIS system.
- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

#### Core Resources

- Healthy Mind, Healthy Body: Grades Primary-3, My Health and My Brain (2011)- outcomes related to mental and emotional health. This resource will soon be distributed to schools (Nov 2012)-at the Book Bureau.

- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Classroom collection of Mental Health and Emotional Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of mental health (i.e. Butterflies In My Belly; I'm Not Bad, I'm Just Mad; ..). Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- The new edition of Second Step, grades Primary–5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource which is now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
- Persona Dolls (NSSBB #1000437)-this is the teacher's doll. A set of eight dolls listed in the ALR include female and male dolls of African, Asian, First Nations, and Caucasian heritages.
- Anti-Bias Education: Empowering Young Children and Ourselves (NSSBB #1000243)
- New Health Curriculum supplement for grades P-6: Sustainable Happiness <http://sustainablehappiness.ca/for-educators> by Catherine O'Brien, UCB
- African Canadian Services is pleased to provide schools with a P-3 Africentric Collection (March 2011). This collection is meant to support a variety of subject areas. Many of the titles will be best suited towards Language Arts, Health and Social Studies, but please use these resources in your classrooms where you find they most appropriately support curriculum outcomes and your students needs. Titles include: I Can Do It (Primary); The Skin You Live In (Grade 1); Black Magic (Grade 2); The Children of Africville (Grade 3)

## Grade 1

### Health Education 1

## **Provincial Guide**

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- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

## **Core Resources**

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## Grade 2

### Health Education 2

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- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

#### Core Resources

- Healthy Mind, Healthy Body: Grades Primary-3, My Health and My Brain (2011)- outcomes related to mental and emotional health. This resource will soon be distributed to schools-at the Book Bureau.
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## Grade 3

### Health Education 3

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- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

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## **Grade 4**

### **Health Education 4**

#### **Provincial Guide**



- Health Education, Grades 4-6 (2003). Use the Learning Outcomes Framework found at <http://educators.ednet.ns.ca/> and use your staff password to enter, go to Learning Outcomes Framework, then Grades p-6 LOF ... and scroll down for Health at the various grades P-6. For 2012-2013, these new updated P-9 Health outcomes will be on the SIS system.
- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

### **Core Resources**

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
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- The new edition of Second Step, grades Primary-5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource which is now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
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## **Grade 5**

### **Health Education 5**



## Provincial Guide

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- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6

## Core Resources

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
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- The new edition of Second Step, grades Primary-5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource which is now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
- Beyond the Basics: A Sourcebook on Reproductive and Sexual Health Education, Grades 5-9. This resource covers all the sexual health outcomes that need to be covered in the Health curriculum.
- New Health Curriculum supplement for grades P-6: Sustainable Happiness <http://sustainablehappiness.ca/for-educators> by Catherine O'Brien, UCB

- Combining Science 5 and Health Education 5: Curriculum Supplement (2010). This curriculum supplement includes sample year-long plans for combining Science 5 Life Science: Meeting Basic Needs and Maintaining a Healthy Body unit with the Health Education 5 My Body, My Self: Body Function, Growth and Care unit.

## Grade 6

### Health Education 6

#### Provincial Guide

- Health Education, Grades 4-6 (2003). Use the Learning Outcomes Framework found at <http://educators.ednet.ns.ca/> and use your staff password to enter, go to Learning Outcomes Framework, then Grades p-6 LOF ... and scroll down for Health at the various grades P-6. For 2012-2013, these new updated P-9 Health outcomes will be on the SIS system.
- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-6-stay tuned
- The Time to Learn Strategy recommends a minimum of 10 minutes per day for grades P-2, and a minimum of 12 minutes for grades 3-6.

#### Core Resources

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
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- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework

in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.

- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Beyond the Basics: A Sourcebook on Reproductive and Sexual Health Education, Grades 5-9
- New Health Curriculum supplement for grades P-6: Sustainable Happiness <http://sustainablehappiness.ca/for-educators> by Catherine O'Brien, UCB

## Grade 7

### Healthy Living 7

#### Provincial Guide

- Latest guide was the PDR Curriculum Guide-outdated.
- Use the Learning Outcomes Framework found at <http://educators.ednet.ns.ca/> and use your staff password to enter, go to Learning Outcomes Fr ..., then Grades 7-9 LOF ... and scroll down for Health at the various grades 7-9. For 2012-2013, these new updated P-9 Health outcomes will be on the SIS system.
- Plan ongoing to develop Health Education Curriculum Guide: Grades 7-9-stay tuned

#### Core Resources

- Health for Life 1: Student Text and TR
- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health
- A Question of Influence Curriculum Supplement: A Teacher's Drug Education Resource for Healthy Living, Grades 7-9 (2008)
- Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (ALR# 18447)
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Risk Watch Unintentional Injuries: An Injury Prevention Program. Grades 7-8
- <http://www.texted.ca> An on-line educational learning and teaching tool which includes teaching and lesson plans to help engage youth in safe texting

practices and the consequences for the misuse of the kinds of social networking used by youth.

- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Sex? A Healthy Sexuality Resource for your grade 7 students was sent to all schools for students to take home. This resource will also be of interest to teachers of Healthy Living and to Guidance Counselors. Public Health staff is available to answer any questions or concerns students, parents or teachers may have about the content of Sex? A Healthy Sexuality Resource.

## Grade 8

### Healthy Living 8

#### Provincial Guide

- Latest was the PDR Curriculum Guide-outdated.
- Use the Learning Outcomes Framework found at <http://educators.ednet.ns.ca/> and use your staff password to enter, go to Learning Outcomes Fr ..., then Grades 7-9 LOF ... and scroll down for Health at the various grades 7-9. For 2012-2013, these new updated P-9 Health outcomes will be on the SIS system.
- Plan ongoing to develop Health Education Curriculum Guide: Grades 7-9-stay tuned

#### Core Resources

- Health for Life 2 : Student Text and TR
- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health
- A Question of Influence Curriculum Supplement: A Teacher's Drug Education Resource for Healthy Living, Grades 7-9 (2008)
- Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (ALR# 18447)
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
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- and the consequences for the misuse of the kinds of social networking used by youth.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.

## Grade 9

### Healthy Living 9

#### Provincial Guide

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- Plan ongoing to develop Health Education Curriculum Guide: Grades 7-9-stay tuned

#### Core Resources

- My Health: Talking Openly about Healthy Living 9: Student Text and TR
- Workplace Health and Safety Module: Healthy Living 9 (2010) and DVD called “The First Step”.
- The Mental Health & High School Curriculum Guide was developed in 2007 by Dr. Stan Kutcher, Sun Life Chair in Adolescent Mental Health in collaboration with the Canadian Mental Health Association. It was launched in 2011 after field testing and a number of revisions. The Curriculum was designed to be embedded in the curriculum of high school classes (Grades 9 or 10). The objective of the six-module Curriculum is to enhance mental health literacy for students and teachers, and a one-day training session is offered to educators who will implement the Curriculum within their classrooms. The training examines the basic concepts of mental health, the epidemiology of mental disorders that typically onset in adolescence and factors associated with stigma. The training also reviews the six modules of the Curriculum, supplementary educational resources and teaching strategies for effectively addressing mental health literacy. The objective of the training is to improve educators’ knowledge of the Curriculum and its contents, increase knowledge regarding mental health and mental health illness, and enhance positive attitudes towards mental illness. The program evaluation report presents the outcome of Curriculum training delivered to Grade 9 Healthy Living teachers from the Halifax Regional School Board (HRSB) in January 2012. The reports have been sent to SSRSB principals. Stan Kutcher’s Mental Health module-40 page document has been approved for use in **Grade 9 Healthy Living** (like the WPHS module) with our Grade 9’s- this will be out to schools in early November 2012.

- “Remembering Westray”-a lesson plan (for **Healthy Living 9: Workplace Health and Safety Module**) developed by Michael Stewart, Dr. JH Gillis Regional High School, Antigonish and Tracey Leary, Workers’ Compensation Board of Nova Scotia was sent to schools in May 2012. The Westray mine disaster is one of the worst workplace health and safety tragedies in Nova Scotia’s history. In the early morning of May 9, 1992 a violent explosion rocked the tiny community of Plymouth in Pictou County, instantly killing the 26 miners working there that morning. Delivering this lesson in the classroom will provide to students:
  - i. An overview of the Internal Responsibility System that underpins NS workplace health and safety law,
  - ii. An introduction to an important event in Nova Scotia history that continues to impact workplaces and safety legislation, here and across Canada,
  - iii. A safe environment to explore and discuss how families and communities were affected by the tragedy, and
  - iv. An opportunity to access and become familiar with text, video, and online resources specific to the Westray mine disaster, including those of the Nova Scotia Government, the National Film Board, the CBC Digital Archives, and the WHS 11 Moodle on the Nova Scotia Virtual School.
  
- A Moodle now exists for teachers to access for Healthy Living 9 and the Workplace Health and safety Module. This moodle hosts learning resources and course implementing materials for teachers delivering HL9’s workplace health and safety module. Go to <http://nsvs.ednet.ns.ca> and use your staff ednet (tsmith portion) and your password then go to top menu and click on Educators then drop down and click on Professional Learning then drop down and click on Courses then click on HL9: Workplace Safety . Enrollment key is ***hl9safety*** (*use just once*).Once you have been in to the site once, the next time you log in, you can just go to My Courses on the left and click on Healthy Living 9 and away you go!
  
- Over the last six years young worker injury has steadily declined in Nova Scotia, and we know high school teachers have played an important role in this improvement. Continuing to provide health and safety curriculum supports, Workers’ Compensation Board of NS, are pleased to launch their second workplace safety Moodle “Workplace Health and Safety 10-12”. This resource Moodle has eight full content folders with teacher prep information and classroom activities, over 20 videos, dozens of links to best practice workplace health and safety agencies and safety associations, and direct links to free First Aid training and online WHMIS for all students in grades 10–12. While designed to directly support the outcomes of Co-Op, Career Development, and Workplace Health and Safety, this Moodle can also be accessed for any course where students are engaged in lab work, independent community-based learning activities, or where work and career are discussed. Regardless of what you teach, there is something in here for you! The

enrolment key for Workplace Health & Safety 10-12 is '10-12safety'. If you teach Healthy Living 9, the safety module can be found under our very first moodle, HL 9:Workplace Safety with enrolment key 'hl9safety'.

- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health
- A Question of Influence Curriculum Supplement: A Teacher's Drug Education Resource for Healthy Living, Grades 7-9 (2008)
- Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (ALR# 18447)
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.