



**SOUTH SHORE REGIONAL SCHOOL BOARD  
CURRICULUM UPDATES AND CONTACT INFORMATION  
Last updated: December 15<sup>th</sup>, 2013**

## HEALTH EDUCATION

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### Contacts

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## Curriculum Guides

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If teachers have not yet downloaded the curriculum documents or Learning Outcomes Frameworks, they can be found (not all) in various stages (final, draft, conceptual, ..) on the **EduPortal**.

The DoE are now housing all the curriculum guides/documents in a one-stop place called the **EduPortal**. Check this central place out at <http://edapps.ednet.ns.ca/eduportal> You will need your Employee Number as found on your payroll information to enter the site. Go to Resources and then Educator's Site to access the curriculum documents.

Besides updated curriculum guides, EduPortal also has easy access to other resources and links such as: the On-Line Video Library, upcoming events such as Webinars, Digital Video Library, EBSCO, Ednet Cloud, Education Media Library, Evaluation Services / Provincial Assessment info, FSL Program Services, IB Program, NSVS, NSSBB Online (ALR), ....

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).

## INFORMATION ITEMS of Interest

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- ❖ Watch for Let's Talk about...Sexual Health Education a brochure to be shared with parent and school community to arrive at Primary-6 schools by the end of October 2013. This communication has been thoughtfully designed to support teachers and administrators with language to articulate the importance of sexual health education through schools. It is strongly recommended that Let's Talk about... Sexual Health Education be shared with the families of your students early in the school year to allow for open conversation between the home and school about comprehensive sexual health education, which includes, but is not limited to healthy friendships, body image, positive self-identity, diverse family structures, emotional literacy, media literacy, personal safety (including online safety), and making safe decisions. This brochure was developed by a working group of elementary teachers in the province, representation from the Nova Scotia Teacher's union, and the Department of Health and Wellness. 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.
- ❖ The Canadian Centre for Child Protection <https://protectchildren.ca> The Canadian Centre for Child Protection is dedicated to the personal safety of all children. This Canadian online resource offers a number of programs, services, and resources for Canadians to help them protect children and reduce their risk of victimization. It includes many online resources as well as print resources for children, youth, families, and educators that are evidence informed and were developed utilizing best practices in health education and youth engagement. **Kids in the Know** is a national interactive safety education program for increasing the personal safety of children and reducing their risk of victimization online and in the real world. The complete package was distributed to all schools, English Program, in February 2011. It is a wonderful resource that should not be overlooked.

- ❖ **Mental Health in the Classroom.** Teenagers often spend a good portion of their regular day in school as opposed to at home, thus causing students to approach teachers, guidance counselors, school psychologists or social workers for help when dealing with social and emotional issues. These professionals may not always have the tools to identify mental health issues with their learners. [TeenMentalHealth.org](http://TeenMentalHealth.org) offers a variety of training programs and **materials geared to the classroom** to learn how to recognize mental illnesses and connect students with the supports they need. Visit the website for more information.
- ❖ **Needhelpnow.ca.** Youth today are managing a variety of challenging issues, and while technology has certainly opened up new opportunities, it has also impacted teens' lives in a way that no one could have ever imagined. In creating the [www.Needhelpnow.ca](http://www.Needhelpnow.ca) website, the Canadian Centre for Child Protection is letting these kids know that they are never alone. Please check out this website and introduce it to your students.
- ❖ **Resources to Support Appropriate Online and Anti-Bullying Behaviors and Digital Citizenship.** The Education Media Library has a number of P–12 videos available for loan/dubbing and online (through the Online video Library for streaming/downloading), that can assist in teaching students how to act ethically and with critical understanding while using information and communication technology in the context of local and global communities. Click here to view the list of resources available to teachers and educators to use in their schools and classrooms. Resources include: digital videos, websites, journal articles, and books available on the ALR.

Anti-Bullying Resources:

[http://lrt.ednet.ns.ca/media\\_library/express/Anti-Bullying.shtml](http://lrt.ednet.ns.ca/media_library/express/Anti-Bullying.shtml)

Digital Citizenship Resources:

[http://lrt.ednet.ns.ca/media\\_library/express/Digital-Citizenship.Shtml](http://lrt.ednet.ns.ca/media_library/express/Digital-Citizenship.Shtml)

Select a grade and/or category for more curriculum/course support & resources

**Health Education**

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# Grade Primary

## Health Education Primary

### Provincial Guide

- Never was a P-3 Health Curriculum Guide. Use the P-6 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework P-6, then 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.
- Until the curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-3 and 4-6-for Sept 2014.
- 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.

- Let's Talk About .. Sexual Health Education pamphlet will be distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.
- 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)
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- 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

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- 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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- 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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- 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.

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# Grade 2

## Health Education 2

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- 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 3

## Health Education 3

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### Core Resources

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# Grade 4

## Health Education 4

### Provincial Guide

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- To use the new SCO's-Use the P-6 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework P-6, then 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.
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### 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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# Grade 5

## Health Education 5

### Provincial Guide

- Health Education, Grades 4-6 (2003)
- To use the new SCO's -Use the P-6 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework P-6, then 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.
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### Core Resources

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- 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.
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- 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.
- Heart and Stroke Foundation. OneStep Curricular Resource (Grades 5 – 7). The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™ which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)



# Grade 6

## Health Education 6

### Provincial Guide

- Health Education, Grades 4-6 (2003).
- To use the new SCO's -Use the P-6 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework P-6, then 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.
- Until the new curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- Plan ongoing to develop Health Education Curriculum Guide: Grades Primary-3 and 4-6-for Sept 2014
- 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.
- 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.
- Let's Talk About .. Sexual Health Education pamphlet will be distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.

- Beyond the Basics: A Sourcebook on Reproductive and Sexual Health Education, Grades 5-9
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- Heart and Stroke Foundation. **OneStep Curricular Resource** (Grades 5 – 7). The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™ which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)

# Grade 7

## Healthy Living 7

### Provincial Guide

- Latest guide was the PDR Curriculum Guide called **Health / Personal Development and Relationships (March 2000)**-outdated.
- To use the new SCO's -Use the 7-9 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework 7-9, then 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.
- Until the new curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- Plan ongoing to develop Health Education Curriculum Guide: Grade 7 for Sept 2014

### 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.

- **Heart and Stroke Foundation. OneStep Curricular Resource (Grades 5 – 7).** The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™ which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.

# Grade 8

## Healthy Living 8

### Provincial Guide

- Latest guide was the PDR Curriculum Guide called **Health / Personal Development and Relationships (March 2000)**-outdated.
- To use the new SCO's -Use the 7-9 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework 7-9, then 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.
- Until the new curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- Plan ongoing to develop Health Education Curriculum Guide: Grade 8-for Sept 2013

### 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)
- The DoE has just approved the video "An Ounce of Prevention" from Studica Ltd. for use in Healthy Living 8 and Child Studies 11 classes. The 17-minute video addresses the implications of the decision to drink alcohol during pregnancy. It will be available from the Media Library in the spring of 2013. Teachers and Support Staff can get access to the Online Video Library from the EduPortal - <https://edapps.ednet.ns.ca/eduportal>
- 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.
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.

# Grade 9

## Healthy Living 9

### Provincial Guide

- Latest guide was the PDR Curriculum Guide called **Health / Personal Development and Relationships (March 2000)**-outdated.
- To use the new SCO's -Use the 7-9 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework 7-9, then 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.
- Until the new curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- Plan ongoing to develop Health Education Curriculum Guide: Grade 9-for Sept 2013

### Core Resources

- My Health: Talking Openly about Healthy Living 9: Student Text and TR
- The Healthy Relationships for Youth (HRY) curriculum supplement to support the Grade 9 Healthy Living curriculum will be piloted in both BHS (Erika Muir) and NGRHS (Diane Wilband) in the 2013-2014 school year. HRY is composed of twelve sessions that are intended for a class time of about one hour. Each session is formatted to identify what the students will learn, what materials are necessary for the session, and an introduction for each topic. The Healthy Relationships for Youth curriculum attains the learning outcomes for many of the grade nine Healthy Living outcomes as required by the Nova Scotia Department of Education. The sessions are organized so that each session acts as a building block for the next.
- 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 resource, "Mental Health & High School Curriculum Guide" has been approved for use in Grade 9 Healthy Living as a supplement/support resource to the curriculum (like the WPHS module) with our Grade 9's. A PD workshop was held on June 6-7, 2013 for HL 9 teachers and Guidance Counselors who work with Grade 9 students.
- "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 practices, 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)
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