

School Health Guidelines: School Connection

Guideline 5: Health Education

December 2015

Guideline 5: Where to Start

Health education supports the development of health related knowledge, skills and attitudes to increase the likelihood that students engage in healthy behaviors and to avoid/reduce health risks. Health Education is addressed in Iowa Code and in 21st Century Skills in Iowa Core.

Health education fits with the primary mission of schools: to provide students with knowledge and skills to be successful, life-long learners.

Health curriculum should address the physical, mental, emotional and social dimensions of health to improve wellbeing.

Ideas to Try at School:

- Implement a planned, sequential health curriculum for all students PK through 12th grade
- Use interactive, age appropriate instructional methods and strategies that engage all learners and are relevant to their daily lives
- Participate in the Iowa Youth Risk Behavior Survey (students) and School Health Profiles (principal and teacher) if your school is asked to participate

Healthy Kids Learn Better.

Resources/links:

Iowa Core 21st Century Skills: https://iowacore.gov/sites/default/files/k-12_21stcentcentskills.pdf

HECAT (Health Education Curriculum Assessment Tool): <http://www.cdc.gov/healthyyouth/HECAT/>

Health Education Dept. of Ed: <https://www.educateiowa.gov/pk-12/content-areas/health-education>

Health Education
Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for healthy eating and physical activity.

School Health Guidelines

1. Policies and Practices
2. School Environments
3. Nutrition Services
4. Physical Education and Physical Activity
5. Health Education
6. School Health Services
7. Family and Community
8. School Employee Wellness
9. Professional Development

Education is not the learning of facts, but the training of the mind to think.

~ Albert Einstein

Questions? Need more information?

Melissa Walker: melissa.walker@iowa.gov and 515.281.5327

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School Health Guidelines: Home Connection

Guideline 5: Health Education

December 2015

Working Together

Health education fits with the primary mission of schools to provide knowledge and skills for students to be successful learners and healthy adults.

Health education, when taught at both home and school, helps kids learn health behaviors to be successful in life. While schools teach health education materials, parents/families play the important role to teach personal, cultural family values, morals and expectations.

Parents/families: think about volunteering your time at school to lead an activity, game or special outdoor event. If you work in a health related field, consider being a guest speaker at career day or a school function. There are lots of ways to support health education in your school.

Ideas to Try at Home:

- Teach age appropriate self care, hygiene, and body awareness/management
- Enforce less than 2 hours/day of screen time
- Talk to your children about the benefits and risks of the choices they make
- Foster positive attitudes towards physical activity and healthy eating

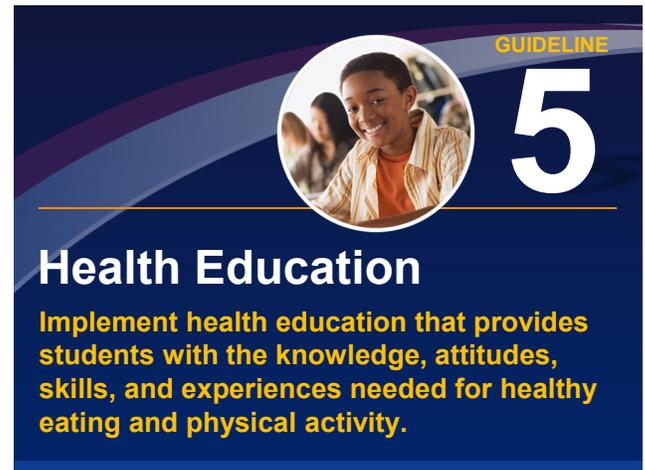
Healthy Kids Learn Better.

Resources/links:

BAM: Body and Mind from CDC: <http://www.cdc.gov/bam/>

SWITCH: <http://www.iowaswitch.org/>

Family Health from CDC: <http://www.cdc.gov/family/>



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