

PIEDMONT UNIFIED SCHOOL DISTRICT

M E M O R A N D U M

TO: Board of Education

FROM: Dr. Donald Evans, Interim Superintendent
Dr. Cheryl Wozniak, Assistant Superintendent

PRESENTERS: Karyn Shipp, Piedmont Middle School Principal

DATE: January 25, 2023

SUBJECT: FIRST READING: ADOPTION OF MIDDLE SCHOOL HEALTH CLASS

PURPOSE: To present the proposal for adoption of a semester-long health class to meet the state requirements for middle school health education as outlined in the California Health Education Framework and the Health Education Content Standards.

BACKGROUND:

In 2019, the California Department of Education adopted a new Health Education Framework. The Health Education Framework is aligned to the 2008 California Health Education Content Standards, which support the development of knowledge, skills, and attitudes in eight overarching standards: (1) essential health concepts; (2) analyzing health influences; (3) accessing valid health information; (4) interpersonal communication; (5) decision making; (6) goal setting; (7) practicing health-enhancing behaviors; and (8) health promotion in six content areas of health education: nutrition and physical activity; growth, development, and sexual health; injury prevention and safety; alcohol, tobacco, and other drugs; mental, emotional, and social health; and personal and community health. The K-12 Health Standards outline for teachers what content to teach.

Here is a link to the complete framework:

<https://www.cde.ca.gov/ci/he/cf/documents/healthedframework2019.pdf>

Here is a link to the California Health Education Content Standards:

<https://www.cde.ca.gov/be/st/ss/documents/healthstandmar08.pdf>

Historically, in middle school, some health standards have been taught in 6th-grade wheel/elective and as stand-alone units as part of the 7th-grade and 8th-grade science classes. In 2016, California adopted new science standards and science teachers have found it challenging to find sufficient time to teach the health standards and in-depth and meaningful way given the amount of standards they are responsible for teaching. Similarly, PE teachers can teach some health standards but they, too, have a physical education standards to teach. A designated class for health education in middle school will ensure that critical health information will be taught to all students. Many of our secondary students are asking to be educated on these important topics. Lessons on sexual health and dangers related to the use of alcohol, tobacco, vaping, and other drugs, while the adolescent brain is still developing, are best taught by a health expert. A health course taught by a credential health teacher will greatly benefit our middle school students and prepare them for high school when they will be making many more decisions on their own about their health.

QUESTIONS FOR THE BOARD:

Discuss and respond to the following questions:

- What is the impact on students' schedules by adding a health class? Currently, 7th graders take math, science, language arts, social studies, PE, one semester of reading, and three semesters of electives. In the new schedule, 7th graders will take math, science, language arts, social studies, PE, one semester of reading, one semester of health, and two semesters of electives.
- What is the impact on the secondary world language program? Many 7th graders took one semester, or one-third, of a full year world language class. The other two-thirds are taught in 8th grade. The plan is for all of Spanish I, Mandarin I, and French I to be taught in 8th grade. Students will have the same amount of world language instruction in middle school; therefore, there is no impact on the world language program.

RECOMMENDATION: First Reading Middle School Health Class

Dr. Cheryl Wozniak and PMS Principal, Karyn Shipp, will present the first reading for a 7th-grade semester-long health class.

FISCAL IMPACT

There is no fiscal impact. The FTE assigned to the course will supplant FTE no longer needed.

RELATED PAST BOARD ITEMS

On December 11, 2019, 3 months before the shelter-in-place order and the closing of our schools, a comprehensive update on the secondary health initiatives being addressed was provided for the school board.

https://docs.google.com/document/d/1jKM1Tj-2Uk2jpFs_jxAa8f889aCxiZVNQ_SmmHH7Dlk/edit?usp=sharing