

PMS Health Class

School Board Meeting
January 25, 2023



Rationale for a Middle School Health Class

California Health Content Standards

Sensitive topics require expertise

California Health Kids Survey results



Middle School Health Standards

Sexual Health

Nutrition and Eating Disorders

Drugs, Alcohol, Tobacco, and Vaping

Mental, Emotional and Social Health

Internet Safety

TAKE CHARGE OF YOUR HEALTH CARE

ADOLESCENT HEALTH INITIATIVE

AGE 11-12

- ☑ Know your health care rights.
- ☑ Learn your personal and family medical histories, including any medications and allergies.
- ☑ Know your medications and take them on schedule.
- ☑ Talk directly with the health care provider at your appointment. Be honest and ask questions.

AGE 13-14

- ☑ Ask to spend time alone with your health care provider during your visit.
- ☑ If available, set up an online portal to view medical information and message your health care provider.
- ☑ Check in for your appointment yourself.

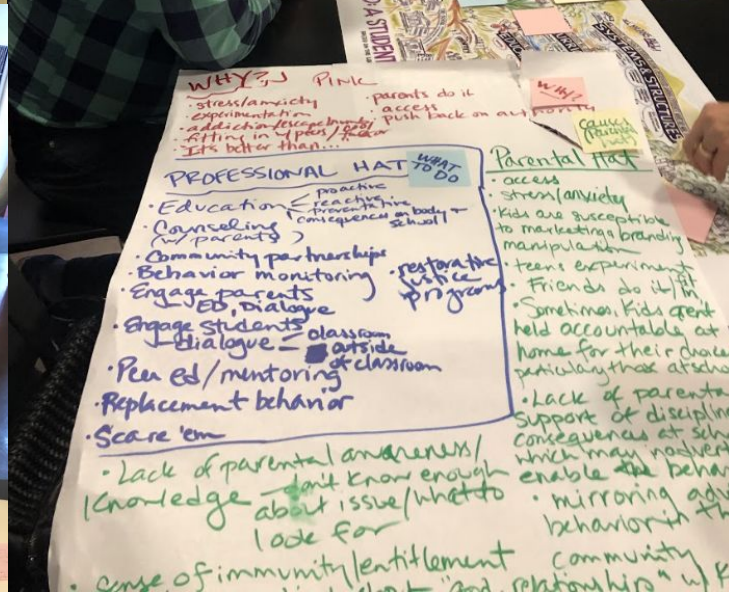
AGE 15-16

- ☑ Make your own appointments.
- ☑ Call your pharmacy to refill your prescriptions.
- ☑ Know how to contact all of your health care providers (doctor, dentist, etc.).
- ☑ Learn about your health insurance and carry your card.
- ☑ If you don't have insurance, ask about your options.

AGE 17-18

- ☑ If you are moving away from home or need to switch to an adult care provider, make a plan for where you will receive health care next.
- ☑ Transfer your medical records to your new health care provider, if applicable.
- ☑ Ask your health care provider what your privacy rights will be when you turn 18.
- ☑ Make sure you will still have health insurance after turning 18. If you won't, talk to your health care provider about options.

Illustrations of a boy, a boy, a girl, and a girl representing the different age groups.



BEST OPTION

One semester health class

7th grade



7th Grade Schedule

Student schedule (before)

Reading/Elective

Language Arts

Social Studies

Math

Science

PE

Elective/Elective

Student schedule (after)

Reading/Health

Language Arts

Social Studies

Math

Science

PE

Elective/Elective

World Language Pathway

Current Path					
7th	8th	9th	10th	11th	12th
Level 1A	Level 1B/C	Level 2	Level 3	Level 4	Level AP
Proposed Path					
7th	8th	9th	10th	11th	12th
Health	Level 1 (ABC)	Level 2	Level 3	Level 4	Level AP

****Adding a semester-long health course allows for the same end result**

World Language Issues

- Lost content knowledge
- Retaught content
- “More work”
- “Sacrificing an elective”
- Negative impact on new 9th graders

Wairua Flourish Active
Peaceful Connected
Acceptance Safe Confident Gratitude Clarity
Learning Resilient
Nourish Comfortable
Purpose Kindness
Resilience Positivity Valued
Happiness
Calm Life Love Positive
Mindfulness
Community
Nourishment
personal togetherness
Functioning
Balanced
Fulfilled Holistic Content
Health
Self-esteem
Peace
Innerpeace
Compassion
Mindset
Hauora
Whānau
Relaxed Culture Flourishing Self-advocacy Healthy
Curious Glasser
Care
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Questions?

