



IUSD Health

Board Update March 7, 2017

In IUSD, we believe...

...that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives.

Top Health Issues Facing Kids Nationwide:



Depression brought on by stress and anxiety

Bullying/Cyberbullying

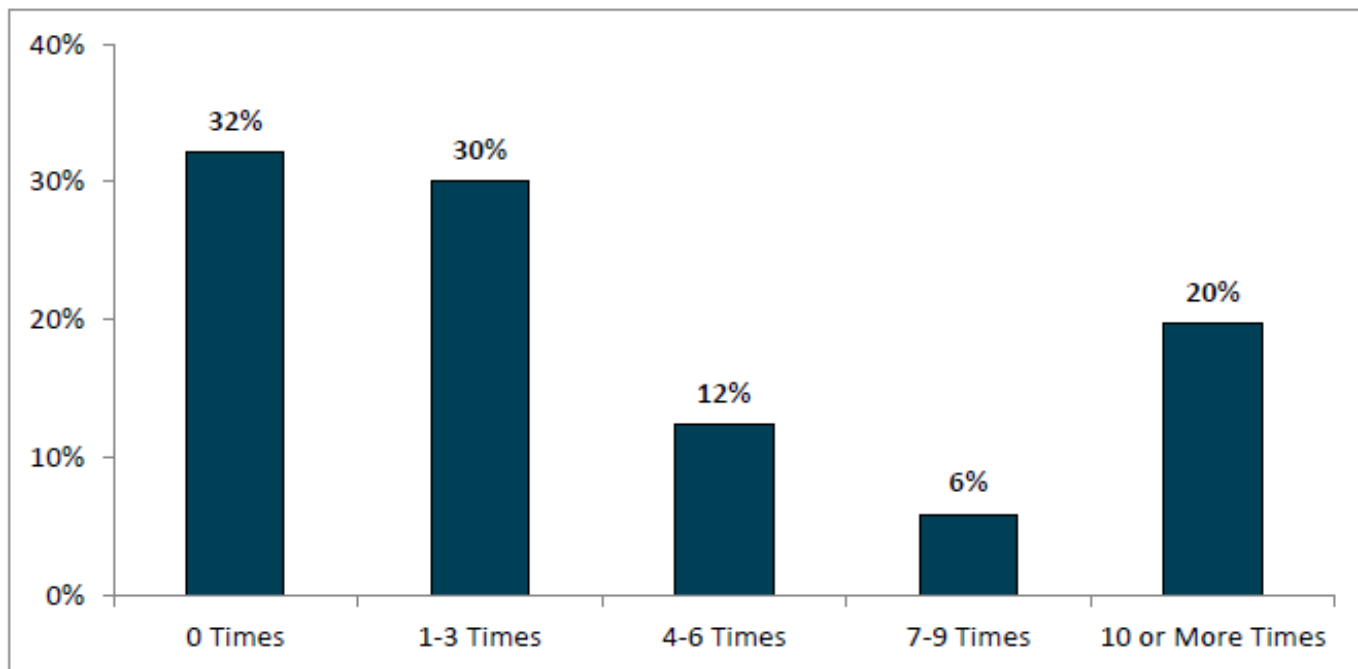
Substance abuse

Violence

Eating disorders and obesity

IUSD Annual Survey 2017

Figure 1.11: How many times during the past 12 months (for two or more consecutive weeks) have you felt down, sad, or hopeless, and where you found little interest or pleasure in doing the things you normally do?

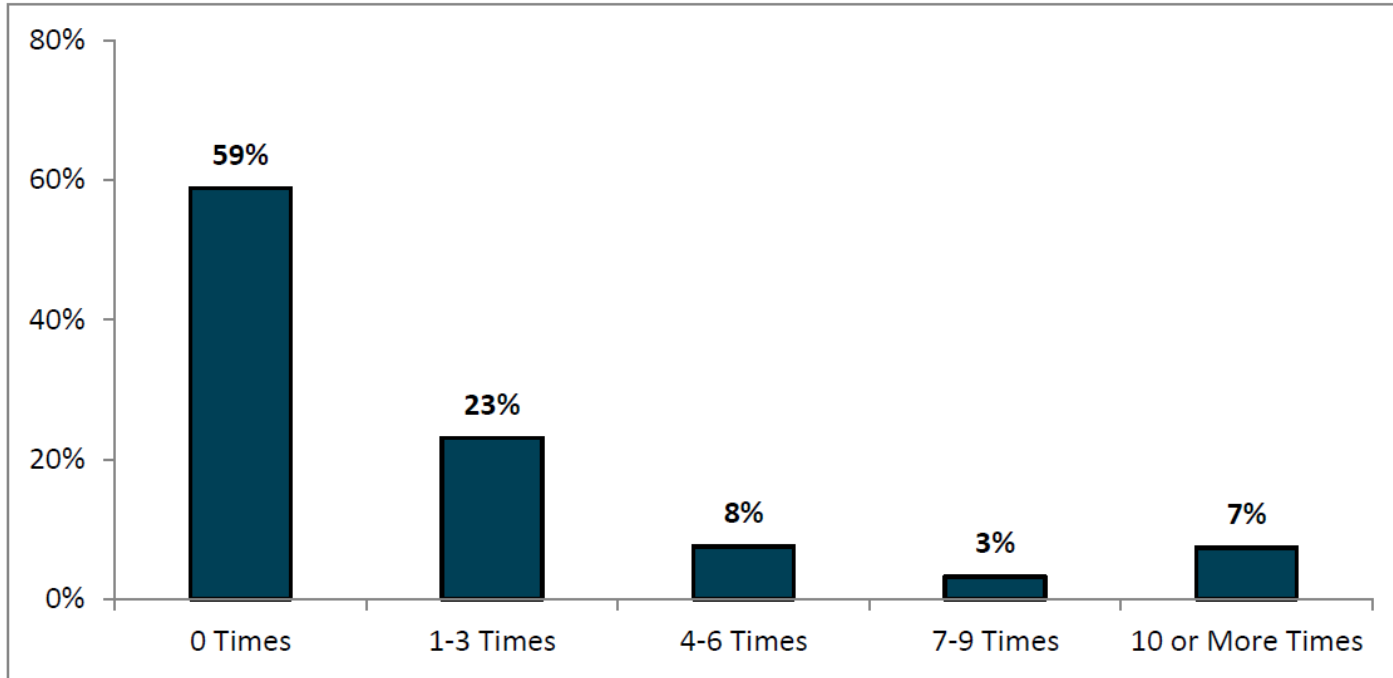


n=12,786

Note: Only middle school and high school students answered this question.

IUSD Annual Survey 2017

Figure 1.10: How many times during the past 12 months have you missed school because you felt tired, overwhelmed, anxious, and/or stressed?



n=12,723

Note: Only middle school and high school students answered this question.

Elementary Curriculum

- ▶ Safety
- ▶ Body Systems
- ▶ Nutrition
- ▶ Social & Community Health
- ▶ Emotional Health
- ▶ Substance Abuse & Prevention
- ▶ Illness Prevention
- ▶ Environmental & Consumer Health
- ▶ Fitness
- ▶ Growth & Development

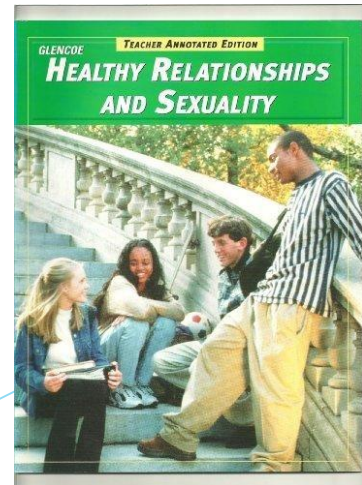


Middle School Health

- ▶ Personal Health
- ▶ Nutrition
- ▶ Injury & Violence Prevention
- ▶ Individual Growth & Development
- ▶ Chronic & Communicable Diseases
- ▶ Substance Abuse & Prevention
- ▶ Family Living



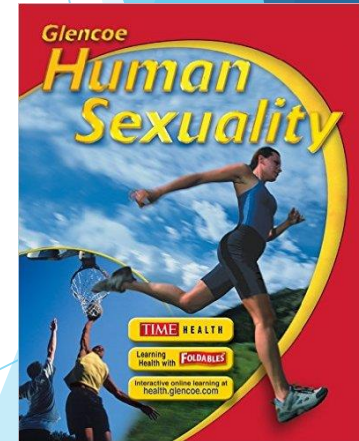
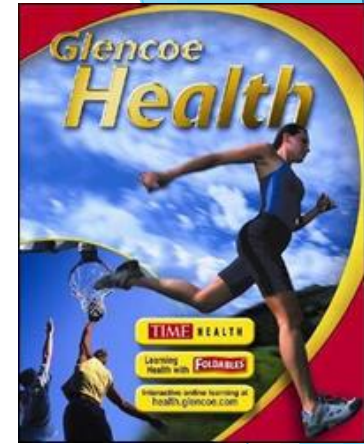
IUSD Middle School
Health Curriculum



Compiled By: Lori Fallace
2004-2005

High School Health

- ▶ Nutrition & Physical Activity
- ▶ Growth, Development & Sexual Health
- ▶ Injury Prevention & Safety
- ▶ Alcohol, Tobacco, & Other Drugs
- ▶ Mental, Emotional, & Social Health
- ▶ Personal & Community Health



California Health Youth Act

Provide pupils with the **knowledge and skills** necessary to:

- ▶ protect their health from HIV and other sexually transmitted infections and unintended pregnancy
- ▶ develop healthy attitudes concerning growth and development, body image, gender, sexual orientation, relationships, marriage and family
- ▶ promote understanding of sexuality as a normal part of human development
- ▶ have healthy, positive and safe relationships and behaviors

What does this mean for IUSD?

3 Categories for compliance:

1. Programmatic and Content Requirements
2. Parental Notification
3. Instructors, Outside Consultants, and Guest Speakers

IUSD Health Advisory Committee

- ▶ Established in 1996
- ▶ Five Board appointed members
- ▶ Charged with the review of sensitive topic materials (family life/sex education) and making recommendations to the Board for approval
- ▶ Convened “as needed” when sensitive topic materials are brought forward from school staff

Timeline 2015-2016

December 2015 -
January 2016

District Leadership

- Overview of Health in IUSD
- Review New Laws
- Surveyed MS and HS for current practice in Health

March 2016 - May
2016

HAC Convened

- Purpose
- Review New Laws
- Approve new materials

HS Teachers

- PLC meeting
- Compliance Evaluation

June 2016 - August
2016

HAC Convened

- Reviewed Draft Timeline for Compliance
- Review new materials

District Leadership

- Parent notification
- Research new curriculum

Timeline 2016-2017

September -
December 2016

HAC Convened

- Review and approve new materials

District Leadership

- Positive prevention training

HS Teachers

- Professional Learning Day

Jan - March 2017

HAC Convened

- Review and Approve new materials

MS Teachers

- Professional Learning Day
- Compliance Evaluation
- MS Health Committee

April - July 2017
Next Steps:

HAC Meetings

Board Approval of
New Curriculum
(May)

Professional
Development

Revise Courses

Next Steps

- ▶ Continue to curate and approve new materials
- ▶ Teacher professional development
- ▶ Middle school and high school courses in compliance with CA Healthy Youth Act by start of 2017-2018 school year
- ▶ Begin to review and revise Elementary Health curriculum to be aligned with intent of CA Healthy Youth Act