

K-12 Health/Guidance Units Overview

The K-12 Guidance committee has spent the past four years working on job descriptions and a curriculum. This work began under the leadership of Paul Austin and has continued, for the past two years, under the direction of John Paige and Cherie White. Currently there is no guidance curriculum K-12, but there is an adopted Health Curriculum at the elementary level and in grades 7, 8 & 10 at the secondary level. Health and Guidance instruction have several intersecting elements. In Junior High and High School, there are designated health teachers. There are also school counselors who provide some classroom instruction. At the front of this document, there is a more in-depth explanation of the various components of the Brunswick School Counseling Program. Since there are no specific health educators at the elementary level, the Guidance and Health standards are combined in grades K-5 and will be taught by a combination of school counselors, classroom teachers and physical education teachers, supported by the school nurse and school social worker.

At the elementary level, there are six units, each divided in two grade spans: kindergarten through grade two, and third grade through fifth grade. These units are taught throughout the school year, revisiting and reviewing as appropriate.

Empathy

This unit complements the unit on Conflict Resolution and in some ways, the unit on Bullying. Students work on the ability to express their feelings as their social development grows. Younger students will focus on identifying just what these feelings are: angry, frustrated, confused, proud, etc. Older students will continue to work on identifying their feelings and also work on expressing those feelings in appropriate and non-hurtful ways.

Bullying Prevention

This unit is focused on helping students learn that there are responses to bullying and also to teach them communication skills to address conflicts. A major focus is to identify adults in their school community and in their home communities who will help them. Discussion of where and when bullying can occur and also the social media aspect of bullying are also addressed. K-2

students will focus on identification and appropriate language. 3-5 students will continue using those skills and also work on demonstrating how issues can be resolved safely.

Career Awareness

The aspect of choice is covered in this unit; both as it relates to student success in the classroom and also how it relates to personal choices in the life after school. An understanding of roles and contributions of workers in home, school, and community are the focus of the K-2 unit. Older students may discuss various occupations and what personal characteristics might be helpful. Setting personal goals is a large focus of the K-2 activities here. Classrooms may set goals in reading or math; students may also set personal goals in a physical education class. In grades 3-5, students will use that knowledge to identify personal interests in academic, career, and social development

Conflict Resolution

The skills and content covered in this unit are taught in all six years of Elementary with differing layers of complexity. Younger students may focus on I messages and other verbal communication. Older students may focus on distinguishing various forms of non-verbal communication. Again, a focus is to identify trusted adults and to nurture the ability to communicate multiple solutions to problems. Listening skills and the ability to make requests to promote personal health in all areas are also covered.

Healthy Choices

Choice is stressed here as it is also in Career Development, but the focus is on the multiple factors that affect students' health and how they have the ability to affect that health positively with the choices they make. Aspects of diseases, environment, food choice, fire safety, and safety in vehicles are all addressed at appropriate developmental levels. Older students will learn how outside influences can affect the choices they make such as friends, and media. Younger students will identify health foods and healthy meals. Younger students will identify hazardous materials warning labels. Older students will discuss the dangers of nicotine, alcohol, prescription drugs, etc.

Personal Safety

This unit reinforces some of the effective communication skills that have been taught in previous units, such as identifying sources of help and identifying feelings. Personal boundaries

are taught in a development manner with terms such as safe touch, unsafe touch. Younger students discuss when they might need help with a health-related decision. Older students start to recognize what a threatening situation may be and how to locate valid health information. This unit in the past has been taught by SSASM in all grade levels.

Human Growth and Development

This is a unit that is only taught formally in grade 5. It is usually team taught with the school nurse and a classroom teacher. The focus is on changes during puberty and the wide range of normal development. Managing personal hygiene and locating information is stressed.

At the secondary level, lessons focus more heavily on academic and career development but there is still an emphasis on personal safety and social development.

Brunswick Junior High – grades 6-8

Personal/Social Development (taught in tandem with 7&8th grade Health)

In this strand students learn effective problem solving and decision making skills in order to be able to make safe and healthy choices. Lessons cover the attitudes, knowledge and interpersonal skills that help a student understand and have respect for self and others.

Academic Development

In this strand the students learn about the ability to perform successfully in school and the broader community. These lessons set the stage for future success.

Career Development

The lessons in career exploration and development enhance the students' decision making and planning skills for various post-secondary options.

Brunswick High School – grades 9-12

Personal Safety (taught in tandem with 10th grade Health)

Focus is on further development of conflict management skills, effective communication skills, injury and violence prevention techniques. This strand also has a strong focus on tobacco, drug and alcohol prevention.

Academic/Career Development

This strand begins with a focus on the acquisition of knowledge and information necessary and/or helpful for making a successful transition from the junior high to the high school. It also includes lessons regarding post-secondary planning; the gathering of evidence and the exploration of multiple possibilities in order to make informed decisions. Finally, lessons are provided about the financing of an education: scholarships, financial aid and so forth.