



Principals' Training Center
PTCnet Survey

Topic Health Curriculum

Query We are reviewing our health curriculum PK-12, and would like to get a view of how schools are dealing with this. At the moment our curriculum in MS/US is as stand-alone units with PE, and in ES is integrated into units of inquiry, and we need to develop a PK-12 continuum for health.

Please answer the following questions:

- 1/ Is your health program fully integrated, stand alone, or a combination of both?
- 2/ What is the overall balance of your curriculum? (Is it a balance of healthy body and healthy mind?)
- 3/ Who delivers the curriculum?
- 4/ Do you use a prescribed course or do you prepare your own?
- 5/ Have you written your own standards or imported them? Do you have any examples?

Date March 2011

Query Submitted and collated by Tony Mobbs, Curriculum Coordinator, International School of Prague

Total number of responses 18

Individual responses

School	1/ Is your health program fully integrated, stand alone, or a combination of both?	2/ What is the overall balance of your curriculum? (Is it a balance of healthy body and healthy mind?)	3/ Who delivers the curriculum?	4/ Do you use a prescribed course or do you prepare your own?	5/ Have you written your own standards or imported them? Do you have any examples?



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ASHague	We have PE/Health from PS-12 (although in HS students take PE/Health in grade 9 and 10; if they come to the school after that, we do what we can to get them into the course)	Yes, pretty much a balance. Sex Ed (in Health) is also included in grades 5-10 and it aligns with our science programs in grades 5-8)	PE teachers	We prepared ours	We use NASPE standards for PE and NPH for Health (a bit revised for our needs)
International School Paris	Both	Yes	Class teachers in Primary and Personal Social education specialist teachers in Secondary	PYP in Primary, own in Secondary	
IS Lausanne Switzerland (MYP)	Integrated within MYP units under the banner of the Health and Social Education Area of Interaction.	I would say we focus much more on the body in the early years of the MYP (Years 7 and 8/Grades 6 and 7). This includes the main topics of reproduction, healthy eating, fitness, smoking etc. In the later years we go on to more psychological aspects but still based on the main topics, such as bereavement, responsible decision making etc.	Mainly the class teachers with support from the student counsellor who runs regular but integrated sessions when the teacher's in-depth knowledge is more limited.	We have total control over what we include. We have had a look at National programmes but the result is a hybrid.	We have what are called 'expectations' from the IB which relate to what students can do by the end of the programme. The school has then modified these for lower down the school.



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International School of Belgrade (6th8th grade.)	It is a combination, reproduction is handled in science. We also have stand-alone sessions about sex ed, alcohol, drugs, eating disorders and smoking. Our science teacher will bring in the topics as well, but these are not part of the planned curriculum.	I would say 80% body, 20% mind	Our science teacher, counselor and school doctor deliver most of it. This year we had an outside organization come in and talk about drugs and smoking.	We are preparing our own curriculum.	We currently don't have standards for the health curriculum, we too are working on a continuum of content and once we have that more concrete, I think we will look at the standards. When the units are taught as part of the science curriculum, the teacher is using the MYP assessment ESCOLA AMERICANA DE CAMPINAS criteria.
ESCOLA AMERICANA DE CAMPINAS	Our program is fully integrated. Our health, ethics and advisory teachers work together with some of the topics, such as sex ed., drugs, etc...	The three areas: Mental, Physical and Social.	This year is the middle school science teacher and our superintendent.	We have developed our own standards and benchmarks (we used the national health standards to begin our work).	Atlas link
AHIS	Our Health program is stand alone. Students receive one period a week of Health education starting from grade 6 to 12. Lower elementary have health units integrated in their science program.	The program is a balance of healthy body and healthy mind and healthy lifestyle. Some projects are done in collaboration between health and PE programs	The curriculum is delivered by science teachers even though we are looking forward to having professional PE teachers who can deliver health as well	We use publishers like McGraw Hill for textbooks	We imported some of our standards from California and adjusted it to fit our program.
American	We do both. In	The program	I used to teach	The curriculum	As I mentioned



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<p>School of El Salvador</p>	<p>Lower school and Upper school, health is taught within PE. Once a week the PE teacher gives a lesson on a health topic and periodically guest speakers are invited to come and deliver the more "sensitive" topics, such as Human Sexuality. We also outsource with FCD, and American organization-Freedom from Chemical Dependency, who comes in once a year and presents on Drug Awareness to 7th, 9th, and 11th grade students. FCD also does a special presentation for parents and staff as a follow up, and to support the information they have presented to students and to share their findings on what students are thinking or concerned about. In the Middle school we are fortunate enough to have a "Health class" as part of our "Exploratory" courses. All students 6th-8th</p>	<p>that I developed, and the one that is being followed, is a Comprehensive School health Education curriculum with about 10-12 units, designed with age appropriate content. It is based on a holistic approach to health and it includes topics such as Personal health, Nutrition, Emotional Health, Stress Management, Fitness and Exercise, Drug Awareness, Human Sexuality, Disease Prevention, and Current issues/events, and a few others depending on the grade level.</p>	<p>the program full time (I have a MA in Health Studies) in Middle School and support the Lower school and Upper school with certain topics, until I used to teach the program full time (I have a MA in Health Studies) in Middle School and support the Lower school and Upper school with certain topics, until I became the Assistant Director. The program used to be a yearlong course in Middle school. I also used to deliver some presentations to parents and staff. As of two years ago, we are extremely fortunate to have a physician depending on the grade level.</p>	<p>was developed taking into account the culture of the school and the community. I designed it based on the CDC Comprehensive School Health Education program and using the National Health Education Standards, but since we have "adapted" it to meet the needs of the population, we prepare a lot of our materials, but support the lessons with various health teaching resources and materials that we get mainly from the State.</p>	<p>before the curriculum is based on the CDC Comprehensive School Health Education program and the National Health Education Standards. I wrote the grade level standards and outcomes, but adapted to the school. I have attached two documents, which I hope are useful. One is the syllabus for 8th grade and the other one is the topics as they were delivered throughout the year when the course was a yearlong instead of 12 weeks, but it can easily be adapted to your needs.</p>
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	are divided among the two other explanatories and receive 12 weeks of health, 4 times a week, every year while they are in Middle school.		teacher. I am still in a supportive role and oversee the delivery and topic appropriateness, as well as teach the more sensitive themes such as Human Sexuality or the Pre-Adolescent Seminar, as it is called in the Lower school.		
ACS Hillingdon International School	Ours is embedded in science and a little in PE				
The American School of Doha	Health is taught in units at the beginning of the year and end of the year in Physical Ed classes (when it is so hot in Doha.	More heavily healthy body.	PE teachers	We have prepared our own.	A mixture.
AngloAmerican School of Moscow	MS/HS stand alone and ES in units of inquiry		Classroom teachers at ES, PE/Health teacher at HS, a science teacher at MS	AAS has prepared our own. We do not have a continuum and I would love to have any examples you come up with!! Health just hasn't been on my list yet	
Teda International School	We are building our curriculum standards at the moment. In PS, health will be integrated as part of citizenship/science/PE. We're still working on the best way to deliver for MS. Grades 9 & 10 will have a weekly session run by the PE teacher who is working on a Master's program in health. G11 & 12 we're still working on as well.				
Lincoln School Kathmandu, Nepal	At the ES it is 'loosely' integrated in both Science and PE	I would say that at all levels the intent is to	I would say that at all levels the intent is to	Currently the program is cobbled together from	McRel standards have been used for PE and



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	HS has a one semester stand-alone—not enough MS it is integrated into PE	balance all aspects of health, but in practice the healthy body piece tips the scales	balance all aspects of health, but in practice the healthy body piece tips the scales	numerous sources and resources.	Health
Al Hekma International School in Bahrain	It is stand alone	Is it a balance of healthy body and healthy mind	Science teachers	Prescribed course	Adapted imported
Zurich International School	<p>Like you, we have stand-alone health units as part of PE in both MS (6-8) and US (9). The goal is to address the 3 dimensions of the health triangle- mental, social & physical. The overarching theme for these is: • "Health, Wellness and Personal Safety".</p> <p>Grade level unit themes are:</p> <p>6. fitness concepts, nutrition</p> <p>7. puberty, self-esteem/body image</p> <p>8. first aid, substance abuse</p> <p>9. relationships, drugs (legal/illegal), nutrition</p> <p>Fitness concepts from a health perspective are also addressed through all practical PE units. There are internally designed course specific objectives for the above.</p> <p>In the LS health is integrated in units of inquiry.</p> <p>We recognize that there are also • "health" related themes addressed in a variety of contexts across all divisions, so we are in the process of identifying/mapping what these are. Some of the obvious ones are specific science units for example. Our advisory program is also being updated and there will be health related links in some grade levels.</p> <p>We are using the ASCA model (adapted to an international context) as a framework to consolidate all counseling related experiences in all divisions, and are in the process of documenting these in ZMS (mapping system) on the same UbD template that we use for subject areas. Under the Personal/Social domain of this framework specific programs and support mechanisms related to the following areas within each division are included:</p> <ul style="list-style-type: none"> - Knowledge, attitudes and interpersonal skills students need to help them understand and respect self and others - Making decisions, setting goals and taking necessary action to achieve goals - Safety and survival skills <p>Modified ASCA standards are used.</p> <p>Once we have all this documented, we will have a better picture of what is missing. This of course will then lead to questions about where any addition pieces should be addressed, and by whom. PE/Health program, advisory, counseling program.</p>				
Western Academy of Beijing	Health issues are taught conceptually through MYP units of work and units of inquiry in PYP. The health curriculum as	Yes - aim is for balance. Harm minimization is a key focus in drug/alcohol education.	Mainly our PE teachers (K - 10; no formal Health and PE curriculum in Grades	Based on PYP PSPE course and MYP units are based on our own curriculum.	In process as we speak! Have draft standards and now working to benchmark. Standards have



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	such is owned by the PE department. Ad hoc health units/lesson are taught through our homeroom/Personal & Social Education programme as the needs arise.	Most of the health programme though leans towards physical health rather than emotional, physical and mental health.	11 & 12)		been adapted from elsewhere.
Qatar Academy	QA does not currently have an official curricular health program				
Colegios Peterson Mexico	<p>The primary school has a stand-alone health program that was pulled out of service at the beginning of last year, because it was textbook driven. Books are stored in the resource room (208). At this time health is integrated into the science curriculum through projects relating to body systems, senses, nutrition, growth and bodily change. These units are taken from the SEP guidelines per grade level and are realized through projects presented on Family Days and Science Fairs.</p> <p>Beyond that, major textbook publishers in the US discontinued dedicated health units from their general science programs in 2006. This was a result of the restructuring of NSTA national and individual state norms for science. Health was replaced at that time by "space and technology". International schools globally did not respond well to this and continued using previous health programs and units, as well as downloading from the internet. Hopefully by 2011, health has come back into fashion in the US and Canada.</p>				