



**SOUTH SHORE REGIONAL SCHOOL BOARD  
CURRICULUM UPDATES AND CONTACT INFORMATION  
Last updated: June 29<sup>th</sup>, 2017**

## HEALTH EDUCATION

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### Contacts

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### Curriculum Guides

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If teachers have not yet downloaded the curriculum documents or Learning Outcomes Frameworks, they can be found (not all) in various stages (final, draft, conceptual, ..) on the **EduPortal**.

The DoE are now housing all the **curriculum guides/documents** in a one-stop place called the EduPortal. Check this central place out at <http://edapps.ednet.ns.ca/eduportal> You will need your Employee Number as found on your payroll information to enter the site. Go to Resources and then **Educator's Site and/or the Curriculum Cart** to access/download the curriculum documents.

Curriculum guides may also be accessed through their respective **Moodles** such as: Mathematics P-3, 4-6, 7-9, 10, 11, and 12; P-3 Renew, Revisit, Rebuild; An Innovative Curriculum; 4-6 Renew, Refocus, Rebuild. Innovation and Exploration-Grades 4-6 Streamlined Curriculum; Social Studies grades 3-6 and Mi'kmaw Studies 11; some Family Studies courses like Child Studies 9 and Canadian Families 12; Healthy Living 9; Workplace Health & Safety Module; Entrepreneurship 12 and Cooperative Education. Teachers have been given access to these Moodles with a one-time enrollment key. If you

need assistance please go to our SSRSB Curriculum site located on [www.ssrsb.ca](http://www.ssrsb.ca) or contact Mark MacLeod at [mmacleod@ssrsb.ca](mailto:mmacleod@ssrsb.ca)

Besides updated curriculum guides, EduPortal also has easy access to other resources and links such as: the On-Line Video Library, upcoming events such as Webinars, Digital Video Library, EBSCO, Ednet Cloud, Education Media Library, Evaluation Services / Provincial Assessment info, FSL Program Services, IB Program, NSVS, NSSBB Online (ALR), ....

## INFORMATION ITEMS of Interest

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- ❖ I thought you might find it helpful to have at your fingertips some information and talking points should you receive any questions and/or concerns about **sexual health education** from parents. Though we recommend and hope that teachers will address sexual health outcomes throughout the year, in grades P-9, to foster comfort among students and themselves, it remains a common practice to address sexual health outcomes in the Spring. We always hope, as we have advocated, that sexual health education is more than a “one-time event”.  
Resources to help in teaching sexual health education and research/evidence that you may need to share with certain parents who ask questions such as "what you are teaching my child is way above what he/she should be learning in regards to sexual health education" were sent to schools in early May 2017. These resources were: Let's Talk About-Sexual Education; Sexual Health Education in the Schools-Questions and Answers; Sexual Health Education Key Messages 2017; Canadian Guidelines for Sexual Health Education; Marketing to Children and Youth; Impact of Viewing Sexually Explicit Material.
- ❖ Renee LeBlanc [rene.leblanc@nshealth.ca](mailto:rene.leblanc@nshealth.ca) is filling the role as School Health Promoter for the remainder of this school year. We hope to post the position as permanent by the end of this school year. Shelley Moran is also back to work and can be contacted at [shelley.moran@nshealth.ca](mailto:shelley.moran@nshealth.ca)
- ❖ **School Food Nutrition Policy (SFNP)** update. There are no set timelines as of yet to bringing forward a refreshed version. In the meantime, we have a very strong 2006 policy (considered one of the best in Canada) as it stands, but some schools across the province are ignoring certain parts of it (i.e. fundraising events). The message continues to be that the current version of the **Food and Nutrition Policy for Nova Scotia Public Schools (2006)** remains in effect.
- ❖ **Breakfast for Learning (BFL)** monies along with PC Gift cards is sent out to schools in early October. BFL chooses the schools they fund based on data collected by (# of days breakfast is offered, # of students involved, other sources of breakfast revenue received, ..). Schools receiving BFL funding **MUST** hang the BFL recognition poster in their school and acknowledge twice during the year in their school newsletter stating BFL helps support breakfast in your school. Acceptable expenses must directly support the student nutrition program and are

- limited to food, supplies and equipment. Schools are to ensure all BFL funding is used by the end of school year.
- ❖ Breakfast for Learning (BFL) is no longer-taken over by **President's Choice Charity**-we will still be able to send in a group school request/report vs individual schools doing their own reports.
  - ❖ **Breakfast Clubs of Canada (BCC)** monies, Orange Juice coupons and Egg Coupons for schools that SSRSB chooses is another source of Breakfast support. Monies are deposited in school accounts 3 times a year (Sept, Jan, April).
  - ❖ A video on **anxiety** done by students at Sackville High in Lower Sackville. Feel free to share.  
<https://www.youtube.com/watch?v=4NVIAB90Sq8>
  - ❖ The NS Department of Community Services released this report following their consultations with youth about a **sexual violence strategy**. The summary highlights the need for information about consent, sexual health education, attention to harmful use of alcohol and hypersexualization.  
<http://novascotia.ca/coms/svs/docs/Youth-Engagement-Summary.pdf>  
<http://novascotia.ca/coms/svs/docs/Strategy-Report.pdf>
  - ❖ BC has developed 4 Action Guides. They each have ideas for schools in regards to **healthy eating, physical activity, school connectedness and injury prevention**. The Healthy Schools BC Action Guides share evidence-based practices and promising innovations that are showing results in creating healthy schools in BC-use as you see fit!  
<http://healthyschoolsbc.ca/healthy-schools-bc-resources/action-guides/>
  - ❖ Watch for **Let's Talk about...Sexual Health Education** a brochure to be shared with parent and school community. This communication has been thoughtfully designed to support teachers and administrators with language to articulate the importance of sexual health education through schools. It is strongly recommended that Let's Talk about... Sexual Health Education be shared with the families of your students early in the school year to allow for open conversation between the home and school about comprehensive sexual health education, which includes, but is not limited to healthy friendships, body image, positive self-identity, diverse family structures, emotional literacy, media literacy, personal safety (including online safety), and making safe decisions. This brochure was developed by a working group of elementary teachers in the province, representation from the Nova Scotia Teacher's union, and the Department of Health and Wellness. Check out [www.myhealthmagazine.net](http://www.myhealthmagazine.net) (formerly the Yoo magazine). It is an on-line health and wellness program for

- young people and educators, delivered through a series of interactive, online resources.
- ❖ It is important to note that in NS, sexual health education curriculum is evidence based and follows the United Nations Education, Scientific and Cultural Organization (UNESCO) guidelines. The UNESCO document can be found at <http://unesdoc.unesco.org/images/0018/001832/183281e.pdf> The sexual health education curriculum reflects age range recommendations of the UNESCO guidelines and the curriculum outcomes are aligned in developmentally appropriate ways across grade levels. We should see students taking part in the sexual health curriculum discussions at the appropriate grade levels-opt out should be discouraged and info shared with parents.  
**Consider:** The 2012 NS Drug Use Survey provides statistical information regarding initiation of sexual activity among youth in grades 7, 9, 10, and 12. Research indicates that it is best practice to provide sexual health information before youth become sexually active, whether through choice, coercion, or exploitation.  
**Other sexual education resources:** The Department of Education and Early Childhood Development will be sending out to schools (Jan 2016), the resource **Sex? A Healthy Sexuality Resource**-aimed at Grade 7 students-this occurs every year (often referred to as the “sex book” provided to all grade 7’s since 2004).
  - ❖ Check out Thrive at <https://thrive.novascotia.ca/about-thrive> . Thrive is about a healthier Nova Scotia...for kids, for families, for all of us. It’s a movement that’s bringing Nova Scotians together to reshape our future. Thrive inspires, informs and supports everyone making the smart choices today, so our kids have a healthier, happier tomorrow.
  - ❖ Also check out Keeping Pace: Physical Activity and Healthy Eating Among Children and Youth. Key Findings from the 2009-2010 Study. This document was released June 2012.
  - ❖ Ontario’s Physical Activity Resource Centre produced a [new illustrated video](#) to support individuals and communities in working towards healthy schools. The video—Healthy Schools, Healthy Communities: How You Can Make a Difference—communicates the concept and supports those in public health, recreation, education and families in understanding their role in building healthy schools. Check it out at <http://parc.ophea.net/>
  - ❖ iPad Apps for School - Veggie Bottoms – An Interactive Story About **Fruits and Vegetables – elementary**  
<http://p.feedblitz.com/r3.asp?l=70794188&f=870102&u=32688183&c=4725976>
  - ❖ The Canadian Centre for Child Protection

<https://protectchildren.ca> The Canadian Centre for Child Protection is dedicated to the personal safety of all children. This Canadian online resource offers a number of programs, services, and resources for Canadians to help them protect children and reduce their risk of victimization. It includes many online resources as well as print resources for children, youth, families, and educators that are evidence informed and were developed utilizing best practices in health education and youth engagement. Kids in the Know is a national interactive safety education program for increasing the personal safety of children and reducing their risk of victimization online and in the real world. The complete package was distributed to all schools, English Program, in February 2011. It is a wonderful resource that should not be overlooked.

- ❖ **Mental Health in the Classroom.** Teenagers often spend a good portion of their regular day in school as opposed to at home, thus causing students to approach teachers, guidance counselors, school psychologists or social workers for help when dealing with social and emotional issues. These professionals may not always have the tools to identify mental health issues with their learners. [TeenMentalHealth.org](http://TeenMentalHealth.org) offers a variety of training programs and materials geared to the classroom to learn how to recognize mental illnesses and connect students with the supports they need. Visit the website for more information.
- ❖ **Needhelpnow.ca.** Youth today are managing a variety of challenging issues, and while technology has certainly opened up new opportunities, it has also impacted teens' lives in a way that no one could have ever imagined. In creating the [www.Needhelpnow.ca](http://www.Needhelpnow.ca) website, the Canadian Centre for Child Protection is letting these kids know that they are never alone. Please check out this website and introduce it to your students.
- ❖ **Resources to Support Appropriate Online and Anti-Bullying Behaviors and Digital Citizenship.** The Education Media Library has a number of P-12 videos available for loan/dubbing and online (through the Online video Library for streaming/downloading), that can assist in teaching students how to act ethically and with critical understanding while using information and communication technology in the context of local and global communities. Click here to view the list of resources available to teachers and educators to use in their schools and classrooms. Resources include: digital videos, websites, journal articles, and books available on the ALR. Anti-Bullying Resources:  
[http://lrt.ednet.ns.ca/media\\_library/express/Anti-Bullying.shtml](http://lrt.ednet.ns.ca/media_library/express/Anti-Bullying.shtml)  
Digital Citizenship Resources:  
[http://lrt.ednet.ns.ca/media\\_library/express/Digital-Citizenship.shtml](http://lrt.ednet.ns.ca/media_library/express/Digital-Citizenship.shtml)

# Select a grade and/or category for more curriculum/course support & resources

## Health Education

[Grade Primary](#)

[Grade One](#)

[Grade Two](#)

[Grade Three](#)

[Grade Four](#)

[Grade Five](#)

[Grade Six](#)

[Grade Seven](#)

[Grade Eight](#)

[Grade Nine](#)

## **Renew, Refocus, Rebuild** **An Innovative Curriculum Primary-Grade 3**

**Update on the P-3 Streamlined Curriculum:** Skills and concepts have been updated for P-3 and curriculum guides rejigged and aligned to match the revised SCO's. Teachers wanted better P-3 guides that integrated the subjects, rubrics, etc. The DoE is looking to work with teachers to use/pilot these resources from Sept 2017-June 2018 and gather feedback NGES may be taking part.

**NEW for the 2015-16 school year.** There is a **revised** Time to Learn Strategy for **Grades Primary-Three**. Some of the important points are:

- ✚ Increased time for Language Arts instruction for P-2 (from 90 mins/day to 123 mins/day) and Mathematics instruction for P-2 (from 45 mins/day to 75 mins/day) and increased time for Language Arts instruction for Grade 3 (from 115 mins/day to 158 mins/day) and Mathematics instruction for Grade 3 (from 60 mins/day to 90 mins/day).
- ✚ An integrated model where outcomes from one or more subject areas (Social Studies, Science, **Health**, Visual Arts and Information Communication Technology) are addressed within Language Arts and/or Mathematics for active and interactive learning.
- ✚ The number of SCO's for each subject area of ELA, Social Studies, Science, **Health**, Visual Arts, Physical Education and Music has been drastically reduced. The SCO's for Mathematics will remain as is.

- ✚ Learning packages were developed to assist teachers in offering daily Physically Active Time (PAT), which is general classroom activity distinct from Physical Education classes. The PAT is set at 10 mins/day.
- ✚ Teacher resources were developed to support teachers with combined classes (i.e. 3/4 split).
- ✚ Teachers will report only on Integrated Mathematics and Integrated Language Arts for all three terms with Physical Education and Music reported on beginning with reporting period #2.
- ✚ All the above information and lots more can be found on the **Renew, Refocus, Rebuild-An Innovative Curriculum Moodle**-to get there:
  - ✓ Visit <https://nsvs.ednet.ns.ca>
  - ✓ Click on Professional Communities of Practice
  - ✓ Log in using your full staff email.
  - ✓ Enter required information (First time users only)
  - ✓ Locate Professional Communities of Practice at the bottom of the page
  - ✓ Scroll down and locate Renew, Refocus, Rebuild; An Innovative Curriculum
  - ✓ You will be prompted to Enrol Me in course. You are now a participant in the course and it will be displayed under “My Courses” each time you log into NSVS.

## Grade Primary

### Health Education Primary

#### Provincial Guide

- The number of SCO’s for each subject area of ELA, Social Studies, Science, **Health** and Visual Arts has been drastically reduced.
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- Drafts of Health Education, grades P-3, curriculum guides are completed and are available on the Educator’s site (via EduPortal)-electronic versions for P-2 were sent to schools (Nov 28<sup>th</sup>, 2014) and Grade 3 was sent out Jan 20, 2015. The guides are Draft and may contain some minor mistakes but should be well received by our teachers-the teacher elaborations are well done, SCO’s are integrated nicely with other curriculums, such as Visual Arts.
- The new P-9 SCO’s are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

#### Core Resources

- Healthy Mind, Healthy Body: Grades Primary-3, My Health and My Brain (2011)- outcomes related to mental and emotional health. This resource was distributed to schools (Nov 2012).



- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Classroom collection of Mental Health and Emotional Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of mental health (i.e. Butterflies In My Belly; I'm Not Bad, I'm Just Mad; ..). Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Let's Talk About .. Sexual Health Education pamphlet was distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.
- The new edition of Second Step, grades Primary–5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource that is now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
- Persona Dolls (NSSBB #1000437)-this is the teacher's doll. A set of eight dolls listed in the ALR include female and male dolls of African, Asian, First Nations, and Caucasian heritages.
- Anti-Bias Education: Empowering Young Children and Ourselves (NSSBB #1000243)
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of



sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.

- African Canadian Services is pleased to provide schools with a P-3 Africentric Collection (March 2011). This collection is meant to support a variety of subject areas. Many of the titles will be best suited towards Language Arts, Health and Social Studies, but please use these resources in your classrooms where you find they most appropriately support curriculum outcomes and your students needs. Titles include: I Can Do It (Primary); The Skin You Live In (Grade 1); Black Magic (Grade 2); The Children of Africville (Grade 3)

## Grade 1

### Health Education 1

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#### Core Resources

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- Let's Talk About .. Sexual Health Education pamphlet was distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.
- The new edition of Second Step, grades Primary–5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource that is now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
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your students needs. Titles include: I Can Do It (Primary); The Skin You Live In (Grade 1); Black Magic (Grade 2); The Children of Africville (Grade 3)

## Grade 2

### Health Education 2

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## **Grade 3**

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experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)

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- African Canadian Services is pleased to provide schools with a P-3 Africentric Collection (March 2011). This collection is meant to support a variety of subject areas. Many of the titles will be best suited towards Language Arts, Health and Social Studies, but please use these resources in your classrooms where you find they most appropriately support curriculum outcomes and your students needs. Titles include: I Can Do It (Primary); The Skin You Live In (Grade 1); Black Magic (Grade 2); The Children of Africville (Grade 3)

## Grade 4

### Health Education 4

**Planning for grades 4-6 took place in 2015-2016 for a streamlined, coordinated, and innovative curriculum with implementation in 2016-2017.** Health Education 4 is now taught via an Integrated Learning Block/Explicit Subject Instruction with opportunities to integrate Language Arts and/or Mathematics outcomes.

As of September 2016, **Health 4-6 will add two SCO's**, one on Career Education and the other on Literacy.

**To access the site for the NEW Renew, Refocus, Rebuild. Innovation and Exploration-Grades 4-6 Streamlined Curriculum, go to the following URL, use your NSVS password, and enroll.** The site below will also give access to a streamlined /revised curriculum document (in most cases, fewer SCOs) along with other Teaching Learning Supports and other resources.

<http://nsvs.ednet.ns.ca/nsps/nsps26/course/view.php?id=4102>

### Provincial Guide

- Drafts of Health Education, grades 4-6, are complete (except for appendices for 5 and 6) and available on the Educator's site (via EduPortal)-electronic copies were also sent to schools (Jan 28, 2015).
- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

### **Core Resources**

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Classroom collection of Mental Health and Emotional Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of mental health (i.e. Butterflies In My Belly; I'm Not Bad, I'm Just Mad; ..). Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Let's Talk About .. Sexual Health Education pamphlet was distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.
- Another resource for teaching sexual education is a wonderful teaching tool that is in use by many teachers in Nova Scotia who are passionate about teaching the sexual health education. Page 18 outlines lessons that are appropriate for learners as young as ten (10 years old). The front matter also has many supportive messages on teaching sexual health (importance of safe, supportive and inclusive environments, effectiveness of sexual health education, building confidence and competency). Lessons in this resource will be highlighted in the new revised curriculum documents grades 4 -9 as relevant to specific curriculum outcomes. The title of this document is It's All One Curriculum! Volume 2 Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights Education. <http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->
- The new edition of Second Step, grades Primary-5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource, which is,



now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)

- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.

## Grade 5

### Health Education 5

**Planning for grades 4-6 took place in 2015-2016 for a streamlined, coordinated, and innovative curriculum with implementation in 2016-2017.** Health Education 5 is now taught via an Integrated Learning Block/Explicit Subject Instruction with opportunities to integrate Language Arts and/or Mathematics outcomes.

As of September 2016, **Health 4-6 will add two SCO's**, one on Career Education and the other on Literacy.

**To access the site for the NEW Renew, Refocus, Rebuild. Innovation and Exploration-Grades 4-6 Streamlined Curriculum, go to the following URL, use your NSVS password, and enroll.** The site below will also give access to a streamlined /revised curriculum document (in most cases, fewer SCOs) along with other Teaching Learning Supports and other resources.

<http://nsvs.ednet.ns.ca/nsps/nsps26/course/view.php?id=4102>

### Provincial Guide

- Drafts of Health Education, grades 4-6, are complete (except for appendices for 5 and 6) and available on the Educator's site (via EduPortal)-electronic copies were also sent to schools (Jan 28, 2015).
- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

### Core Resources

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Classroom collection of Mental Health and Emotional Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of mental health (i.e. Butterflies In My Belly; I'm Not Bad, I'm Just Mad; ..). Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Let's Talk About .. Sexual Health Education pamphlet was distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.
- Another resource for teaching sexual education is a wonderful teaching tool that is in use by many teachers in Nova Scotia who are passionate about teaching the sexual health education. Page 18 outlines lessons that are appropriate for learners as young as ten (10 years old). The front matter also has many supportive messages on teaching sexual health (importance of safe, supportive and inclusive environments, effectiveness of sexual health education, building confidence and competency). Lessons in this resource will be highlighted in the new revised curriculum documents grades 4 -9 as relevant to specific curriculum outcomes. The title of this document is It's All One Curriculum! Volume 2 Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights Education. <http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->
- The new edition of Second Step, grades Primary-5 is now available through the Nova Scotia School Book Bureau. This comprehensive resource, which is, now completely revised through to grade 8 offers rich learning and teaching experiences in social emotional learning. More information about these resources can be found at [www.cfchildren.org](http://www.cfchildren.org)
- Beyond the Basics: A Sourcebook on Reproductive and Sexual Health Education, Grades 5-9. This resource covers all the sexual health outcomes that need to be covered in the Health curriculum.

- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- Combining Science 5 and Health Education 5: Curriculum Supplement (2010). This curriculum supplement includes sample year-long plans for combining Science 5 Life Science: Meeting Basic Needs and Maintaining a Healthy Body unit with the Health Education 5 My Body, My Self: Body Function, Growth and Care unit.
- Heart and Stroke Foundation. OneStep Curricular Resource (Grades 5 – 7). The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™, which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)
- **FREE Health Education resources** are available. The resource “Always Changing Co-Ed” informs students of all the changes expected during puberty and answers many of the questions they may want to ask. Order online at [www.ophea.net/alwayschanging](http://www.ophea.net/alwayschanging) to get your Teacher Guides and Student Workbooks-applicable to **Grades 5-6**.

## Grade 6

### Health Education 6

**Planning for grades 4-6 took place in 2015-2016 for a streamlined, coordinated, and innovative curriculum with implementation in 2016-2017.** Health Education 6 is now

taught via an Integrated Learning Block/Explicit Subject Instruction with opportunities to integrate Language Arts and/or Mathematics outcomes.

As of September 2016, **Health 4-6 will add two SCO's**, one on Career Education and the other on Literacy.

**To access the site for the NEW Renew, Refocus, Rebuild. Innovation and Exploration-Grades 4-6 Streamlined Curriculum, go to the following URL, use your NSVS password, and enroll.** The site below will also give access to a streamlined /revised curriculum document (in most cases, fewer SCOs) along with other Teaching Learning Supports and other resources.

<http://nsvs.ednet.ns.ca/nsp/nsp26/course/view.php?id=4102>

### **Provincial Guide**

- Drafts of Health Education, grades 4-6, are complete (except for appendices for 5 and 6) and available on the Educator's site (via EduPortal)-electronic copies were also sent to schools (Jan 28, 2015).
- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

### **Core Resources**

- Healthy Mind, Healthy Body: Grades 4-6, Did You Know, Daddy, I Feel Sad Sometimes (2008)- outcomes related to mental and emotional health
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.
- Classroom collection of Mental Health and Emotional Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of mental health (i.e. Butterflies In My Belly; I'm Not Bad, I'm Just Mad; ..). Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Classroom collection of Sexual Health student/teacher resources (Feb 2011) to support the newly introduced health education learning outcomes framework in the area of sexual health. Schools may wish to house this collection in a central location so that it can be shared among P-6 teachers.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Let's Talk About .. Sexual Health Education pamphlet was distributed to all schools in Fall 2013 as a resource for the P-6 Health curriculum.

- Beyond the Basics: A Sourcebook on Reproductive and Sexual Health Education, Grades 5-9
- Another resource for teaching sexual education is a wonderful teaching tool that is in use by many teachers in Nova Scotia who are passionate about teaching the sexual health education. Page 18 outlines lessons that are appropriate for learners as young as ten (10 years old). The front matter also has many supportive messages on teaching sexual health (importance of safe, supportive and inclusive environments, effectiveness of sexual health education, building confidence and competency). Lessons in this resource will be highlighted in the new revised curriculum documents grades 4 -9 as relevant to specific curriculum outcomes. The title of this document is It's All One Curriculum! Volume 2 Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights Education. <http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- Heart and Stroke Foundation. **OneStep Curricular Resource** (Grades 5 – 7). The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™, which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)

- **FREE Health Education resources** are available. The resource “Always Changing Co-Ed” informs students of all the changes expected during puberty and answers many of the questions they may want to ask. Order online at [www.ophea.net/alwayschanging](http://www.ophea.net/alwayschanging) to get your Teacher Guides and Student Workbooks-applicable to **Grades 5-6**.

**Update on the Grades 7-8 Curriculum review:** Start date is projected to be October 2017. Will likely start with ELA and Social Studies and will be done over a 2-year period-lesson learned from P-3 and 4-6 rush job!! Curriculum for 7-8 is in great need of revision and change-stay tuned!!

## Grade 7

### Healthy Living 7

#### Provincial Guide

- A Draft of Healthy Living 7 is complete (except for appendices) and is available on the Educator’s site (via EduPortal) –an electronic copy was sent to schools on Jan 28, 2015.
- The Department of Education and Early Childhood Development in partnership with the Department of Health and Wellness recently announced new drug education curriculum resources in the form of seven lesson plans to address a national and provincial concern regarding prescription drug misuse (these were sent to schools last year / Feb 2015). We recognize that schools share a responsibility with families to discuss pressures and influences that can lead to the misuse of alcohol, marijuana and prescription drugs. In an effort to support families, the Department of Health and Wellness collaborated with EECD staff to develop two parent support materials to be shared electronically with families within each school that houses students in grades 7, 8, and/or 9 that communicate the intent of the lessons produced and provide information and key messages to support families in having conversation with their children. The first piece is an infographic. The second piece is a letter that can be shared with families. **These two communications were sent to schools (Aug 2015)**. The DoE recommend that schools communicate this information electronically, recognizing that most boards and many schools have electronic methods in place to communicate with parents. It would be appropriate for boards and schools to share this via their website, as it would to send the two information pieces via e-mail if they communicate with parents this way.
- **New Drug Education Curriculum Resources Introduced for Junior High Schools.** A curriculum supplement that will address prescription drug misuse has been developed for grades 7-8-9 Healthy Living. Junior high school students now have access to new drug and alcohol prevention curriculum resources. The departments of Education and Early Childhood Development and Health and Wellness introduced seven lesson plans for grades 7 to 9 on Feb.19, 2015 to get students talking about the pressures and influences that



may lead to using substances like alcohol, cannabis and prescription drugs. "We can take these lessons and create spaces for meaningful conversations with our students about the conditions around their lives and the pressures they face," said Dan O'Leary, a teacher and guidance counselor at A.J. Smeltzer Junior High School in Sackville. "I've experienced these lessons in the classroom and I've seen youth speaking up and talking about their lives in ways I've never seen before."

The lesson plans are available as part of the current health education curriculum.

"I am pleased that we are able to provide enhanced resources that will help our students with drug and alcohol prevention and ensure they are provided with the right information to help them make positive life choices," said Health and Wellness Minister Leo Glavine. "Prescription drug misuse can devastate families and it's an issue I have dedicated myself to for a number of years.

"Bringing real-world curriculum to junior high school students to open a dialogue with them is something advocates from Get Prescription Drugs Off the Street have fought for, and something I am very proud of."

#### **The lessons are**

Super Powers (Grade 7)

Super Powers Part 2 (Grade 7)

My Back and My Brain (Grade 8)

Drug Land (Grade 9)

Angels and Demons (Grade 9)

Getting from Here to There (Grade 9)

Super Powers (Grade 9)

This resource for the Healthy Living curriculum is the first of its kind in Canada. It has been tested with youth in the province, is voluntary and will help teachers meet mandatory learning outcomes for health education. Feedback on student engagement and response to the lessons from classrooms around the province has been positive. The lesson plans can be accessed at [novascotia.ca/education](http://novascotia.ca/education).

- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

#### **Core Resources**

- Health for Life 1: Student Text and TR
- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health. **IMPORTANT** One of the Fact Sheets (page 80) in the resource *Healthy Mind, Healthy Body: A Mental Health Curriculum Supplement Grades 7-9* with phone numbers for various provincial help line phone numbers is no longer current. In an unforeseeable and unfortunate happenstance the number for the Nova Scotia Youth Help Line (1 800 420-8336) is now a phone line with negative sexual messaging. This resource was distributed to schools in 2008 and while the content remains current and a recommended resource for teachers of Healthy Living



7-9, phone numbers do change (as do websites). Healthy Living 7-9 teachers should remove this page 80 from the coiled resource. Regardless of whether or not the teacher utilizes this resource, it is important that this page in the book be removed or marked with X through it so that any incoming teacher using the resource knows not provide this page of phone resources to students.

- Do you feel challenged to connect with your students about some of the more sensitive material in the Grades 7-9 Healthy Living curriculums? New ideas and possibilities to make the **Healthy Living curriculum more engaging for students**? A workshop put on by Brian Braganza on November 30, 2016 was well received by those teachers who attended.

HeartWood Centre for Community Youth Development provided this introductory session in facilitating gender specific groups to deliver Healthy Living 7-9 Curriculum Outcomes. This PD session for **Healthy Living 7-9 Teachers, Guidance Counselors, Schools Plus facilitators**, and educators in the South Shore Regional School Board focused on understanding the approaches to facilitate health classes using experiential and discussion based approaches. Between 2014-2016, HeartWood has worked in three local schools in SSRSB to deliver these programs in partnership with teachers and guidance counselors. The classes helped students understand the unique health issues male-identified and female-identified youth face. Students explored cultural models of masculinity and femininity and how these impact their healthy, positive choices. Using experiential learning and circle discussions, students entered into important conversations on topics such as: alcohol and substances, healthy relationships, sexual health, consent, gender identity, sexual orientation, help seeking behaviours, and body image, among other topics. **Student Voice:** participants also got to hear from students who have been involved in the program a few years ago.

- A Question of Influence Curriculum Supplement: A Teacher's Drug Education Resource for Healthy Living, Grades 7-9 (2008)
- Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (ALR# 18447)
- Launch Kids in the Know Personal Safety Program: Primary-9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.

- The DoE are pleased to provide you with two recently released educational teaching resources (Dec 2015) developed by The Canadian Centre for Child Protection (who developed the *Kids in the Know: A Personal Safety Program* that was distributed to Primary-9 schools in 2011) resources to address emerging concerns facing youth.
  - The Grades 7/8 educational module focuses on reducing the incidence of adolescent sexual exploitation from being lured or targeted online for sexual purposes to the creation and sharing of sexual images that can result in cyberbullying among peers. It is titled: *Addressing Online Risks Facing Youth in Grades 7 and 8: Promoting Healthy Boundaries and Relationships*. One resource will be provided to each Healthy Living 7 and Healthy Living 8 teacher, English Program.
  - The Grade 9/10 module also addresses the growing concern of sexual violence among youth in dating relationships and within peer groups, as well as elevated risk of sexual exploitation whether online or by adults/older youth. The grade 9/10 module specifically addresses the issue of consent. It is titled: *Addressing Sexual Violence and Online Risks Facing Youth in Grades 9 and 10: Promoting Healthy Relationships*. One resource will be provided to each Healthy Living 9 teacher, English Program.
- Risk Watch Unintentional Injuries: An Injury Prevention Program. Grades 7-8
- <http://www.texted.ca> An on-line educational learning and teaching tool which includes teaching and lesson plans to help engage youth in safe texting practices and the consequences for the misuse of the kinds of social networking used by youth.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Another resource for teaching sexual education is a wonderful teaching tool that is in use by many teachers in Nova Scotia who are passionate about teaching the sexual health education. Page 18 outlines lessons that are appropriate for learners as young as ten (10 years old). The front matter also has many supportive messages on teaching sexual health (importance of safe, supportive and inclusive environments, effectiveness of sexual health education, building confidence and competency). Lessons in this resource will be highlighted in the new revised curriculum documents grades 4 -9 as relevant to specific curriculum outcomes. The title of this document is It's All One Curriculum! Volume 2 Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights Education. <http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->
- Copies of **Sex? A Healthy Sexuality Resource for Grade 7** students has been distributed to schools (Feb 2016) for students to take home-happens yearly. This resource will also be of interest and use to teachers of Healthy Living and to guidance counsellors. In the interest of accountability and a

commitment to partnership to support youth sexual health, local Public Health offices will be working more closely with schools to support the distribution of this resource. Public Health staff will be contacting schools to follow up on distribution plans and to identify for opportunities for collaboration and support. Public Health staff is available to answer any questions or concerns students, parents or teachers may have about the content of Sex? A Healthy Sexuality Resource.

Just a reminder that a student or parent/guardian has the right to refuse acceptance of this resource should they choose to do so. Sexual health education is an important element in the government's response to youth sexual health in NS, and this resource provides accurate and critical information for youth.

- The **SECS Project**, produced by the Sexual Health Centre ([www.sexualhealthlunenburg.com](http://www.sexualhealthlunenburg.com)), has some new developments, i.e. teachers can now access the online PDF version of the Grade 7 Healthy Living SECS Resource by going to <http://www.sexualhealthlunenburg.com/wp-content/uploads/2014/03/SECS-Guide.pdf> They also have a survey for educators to complete so they can know what needs to be improved for future editions and/or other resources. For further information, contact Julie Veinot. Julie did a workshop at our Regional In-service on Sept 26, 2014 for HL 7-9 teachers.

Sexual Health NS also has lots of teacher resources-check it out at <http://shns.ca/?q=content/teacher-resources>

- Heart and Stroke Foundation. **OneStep Curricular Resource** (Grades 5 – 7). The Heart and Stroke Foundation is revising its current OneStep resource (targeted toward grade 7 students) to include grades 5 and 6 students as well. Our Mission is to aid schools and recreation programs in Nova Scotia to encourage female students aged 10–12 to be physically active through walking. The Heart and Stroke OneStep resource is an extracurricular resource that includes an activity handbook as well as pedometers for students. This resource is a component of Heart&Stroke Walkabout™, which aims to increase the number of Nova Scotians who are physically active by promoting the joy and many social benefits of walking. The resource is free to schools. Interested Schools can contact Nathan Goudreau at the Heart and Stroke Foundation at 902-423-7530 ext. 3346 or [ngoudreau@heartandstroke.ns.ca](mailto:ngoudreau@heartandstroke.ns.ca)
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- **FREE Health Education resources** are available. The resource "Vibrant Faces Co-Ed" provides guidelines for students to assist in the development of active, healthy lifestyle skills. Topics include becoming physically active, developing healthy eating habits, how to care for their bodies and how to achieve a healthy body/self image. Order online at [www.ophea.net/vibrantfaces](http://www.ophea.net/vibrantfaces) to get your Teacher Guides and Student Workbooks-applicable to **Grades 7-8**.

## Grade 8

### Healthy Living 8

#### Provincial Guide

- A very rough draft for Healthy Living 8 was sent out to schools on August 31<sup>st</sup>, 2015. Teachers now have updated drafts for Health P-8.
- The Department of Education and Early Childhood Development in partnership with the Department of Health and Wellness recently announced new drug education curriculum resources in the form of seven lesson plans to address a national and provincial concern regarding prescription drug misuse (these were sent to schools last year / Feb 2015). We recognize that schools share a responsibility with families to discuss pressures and influences that can lead to the misuse of alcohol, marijuana and prescription drugs. In an effort to support families, the Department of Health and Wellness collaborated with EECD staff to develop two parent support materials to be shared electronically with families within each school that houses students in grades 7, 8, and/or 9 that communicate the intent of the lessons produced and provide information and key messages to support families in having conversation with their children. The first piece is an infographic. The second piece is a letter that can be shared with families. **These two communications were sent to schools (Aug 2015)**. The DoE recommend that schools communicate this information electronically, recognizing that most boards and many schools have electronic methods in place to communicate with parents. It would be appropriate for boards and schools to share this via their website, as it would to send the two information pieces via e-mail if they communicate with parents this way.
- **New Drug Education Curriculum Resources Introduced for Junior High Schools.** A curriculum supplement that will address prescription drug misuse has been developed for grades 7-8-9 Healthy Living. Junior high school students now have access to new drug and alcohol prevention curriculum resources. The departments of Education and Early Childhood Development and Health and

Wellness introduced seven lesson plans for grades 7 to 9 on Feb.19, 2015 to get students talking about the pressures and influences that may lead to using substances like alcohol, cannabis and prescription drugs.

"We can take these lessons and create spaces for meaningful conversations with our students about the conditions around their lives and the pressures they face," said Dan O'Leary, a teacher and guidance counselor at A.J. Smeltzer Junior High School in Sackville. "I've experienced these lessons in the classroom and I've seen youth speaking up and talking about their lives in ways I've never seen before."

The lesson plans are available as part of the current health education curriculum.

"I am pleased that we are able to provide enhanced resources that will help our students with drug and alcohol prevention and ensure they are provided with the right information to help them make positive life choices," said Health and Wellness Minister Leo Glavine. "Prescription drug misuse can devastate families and it's an issue I have dedicated myself to for a number of years.

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#### **The lessons are**

Super Powers (Grade 7)

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My Back and My Brain (Grade 8)

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Angels and Demons (Grade 9)

Getting from Here to There (Grade 9)

Super Powers (Grade 9)

This resource for the Healthy Living curriculum is the first of its kind in Canada. It has been tested with youth in the province, is voluntary and will help teachers meet mandatory learning outcomes for health education. Feedback on student engagement and response to the lessons from classrooms around the province has been positive. The lesson plans can be accessed at [novascotia.ca/education](http://novascotia.ca/education) .

- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.
- To use the new SCO's -Use the 7-9 Learning Outcomes Framework found on the Educators site-log on to the EduPortal, then click on Resources then Educators Site and scroll down for Learning Outcomes Framework 7-9, then scroll down for Health at the various grades 7-9. These new updated P-9 Health outcomes are on the SIS system.
- Until the new curriculum guide is ready, use the new SCO's and match with the Core Resources listed below. The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

#### **Core Resources**

- Health for Life 2 : Student Text and TR
- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health. **IMPORTANT** One of the Fact Sheets (page 80) in the resource *Healthy Mind, Healthy Body: A Mental Health*

*Curriculum Supplement Grades 7-9* with phone numbers for various provincial help line phone numbers is no longer current. In an unforeseeable and unfortunate happenstance the number for the Nova Scotia Youth Help Line (1 800 420-8336) is now a phone line with negative sexual messaging. This resource was distributed to schools in 2008 and while the content remains current and a recommended resource for teachers of Healthy Living 7-9, phone numbers do change (as do websites). Healthy Living 7-9 teachers should remove this page 80 from the coiled resource. Regardless of whether or not the teacher utilizes this resource, it is important that this page in the book be removed or marked with X through it so that any incoming teacher using the resource knows not provide this page of phone resources to students.

- Do you feel challenged to connect with your students about some of the more sensitive material in the Grades 7-9 Healthy Living curriculums? New ideas and possibilities to make the **Healthy Living curriculum more engaging for students**? A workshop put on by Brian Braganza on November 30, 2016 was well received by those teachers who attended.

HeartWood Centre for Community Youth Development provided this introductory session in facilitating gender specific groups to deliver Healthy Living 7-9 Curriculum Outcomes. This PD session for **Healthy Living 7-9 Teachers, Guidance Counselors, Schools Plus facilitators**, and educators in the South Shore Regional School Board focused on understanding the approaches to facilitate health classes using experiential and discussion based approaches. Between 2014-2016, HeartWood has worked in three local schools in SSRSB to deliver these programs in partnership with teachers and guidance counselors. The classes helped students understand the unique health issues male-identified and female-identified youth face. Students explored cultural models of masculinity and femininity and how these impact their healthy, positive choices. Using experiential learning and circle discussions, students entered into important conversations on topics such as: alcohol and substances, healthy relationships, sexual health, consent, gender identity, sexual orientation, help seeking behaviours, and body image, among other topics. **Student Voice:** participants also got to hear from students who have been involved in the program a few years ago.

- A Question of Influence Curriculum Supplement: A Teacher's Drug Education Resource for Healthy Living, Grades 7-9 (2008)
- Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education (ALR# 18447)
- The DoE has just approved the video "An Ounce of Prevention" from Studica Ltd. for use in Healthy Living 8 and Child Studies 11 classes. The 17-minute video addresses the implications of the decision to drink alcohol during pregnancy. It will be available from the Media Library in the spring of 2013. Teachers and Support Staff can get access to the Online Video Library from the EduPortal - <https://edapps.ednet.ns.ca/eduportal>
- Launch Kids in the Know Personal Safety Program: Primary -9 (Feb 2011) [www.kidsintheknow.ca](http://www.kidsintheknow.ca). A resource containing exceptional and engaging lessons on cyber-bullying education and other safety topics for students. Kids in the



Know emphasizes social and emotional learning and the components of healthy relationships; it teaches assertiveness and critical thinking skills, and an understanding of personal safety in relation to use of the internet to reduce child and youth victimization and sexual exploitation. Each school received one complete kit in Feb 2011 and other kits or components can be ordered through the ALR.

- The DoE are pleased to provide you with two recently released educational teaching resources (Dec 2015) developed by The Canadian Centre for Child Protection (who developed the *Kids in the Know: A Personal Safety Program* that was distributed to Primary-9 schools in 2011) resources to address emerging concerns facing youth.
  - The Grades 7/8 educational module focuses on reducing the incidence of adolescent sexual exploitation from being lured or targeted online for sexual purposes to the creation and sharing of sexual images that can result in cyberbullying among peers. It is titled: *Addressing Online Risks Facing Youth in Grades 7 and 8: Promoting Healthy Boundaries and Relationships*. One resource will be provided to each Healthy Living 7 and Healthy Living 8 teacher, English Program.
  - The Grade 9/10 module also addresses the growing concern of sexual violence among youth in dating relationships and within peer groups, as well as elevated risk of sexual exploitation whether online or by adults/older youth. The grade 9/10 module specifically addresses the issue of consent. It is titled: *Addressing Sexual Violence and Online Risks Facing Youth in Grades 9 and 10: Promoting Healthy Relationships*. One resource will be provided to each Healthy Living 9 teacher, English Program.
- Risk Watch Unintentional Injuries: An Injury Prevention Program. Grades 7-8
- <http://www.texted.ca> An on-line educational learning and teaching tool which includes teaching and lesson plans to help engage youth in safe texting practices and the consequences for the misuse of the kinds of social networking used by youth.
- Sexual health education in the schools: Questions & Answers. 3<sup>rd</sup> Edition. A valuable resource for principals and teachers with answers to your questions about sexual health education in our schools.
- Another resource for teaching sexual education is a wonderful teaching tool that is in use by many teachers in Nova Scotia who are passionate about teaching the sexual health education. Page 18 outlines lessons that are appropriate for learners as young as ten (10 years old). The front matter also has many supportive messages on teaching sexual health (importance of safe, supportive and inclusive environments, effectiveness of sexual health education, building confidence and competency). Lessons in this resource will be highlighted in the new revised curriculum documents grades 4 -9 as relevant to specific curriculum outcomes. The title of this document is It's All One Curriculum! Volume 2 Activities for a Unified Approach to Sexuality, Gender, HIV, and Human Rights



Education. <http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->

- The **SECS Project**, produced by the Sexual Health Centre, has some new developments that make it easier to access for teachers. They now have a PDF of the guide on their webpage ([www.sexualhealthlunenburg.com](http://www.sexualhealthlunenburg.com)) so that teachers can access it any time, even on their iPads. They also have a survey for educators to complete so they can know what needs to be improved for future editions and/or other resources. They still have a few kits to get to schools, but hopefully most are now accessible to Healthy Living teachers throughout the Board and with their online guide, it should be easy to access anywhere. For further information, contact Julie Veinot. Julie is doing a workshop at our Regional In-service on Sept 26, 2014 for HL 7-9 teachers.
- Sustainable happiness reinforces the fact that we are interconnected and interdependent with all life. Our happiness and wellbeing is intertwined with other people, other species, and nature. It integrates research from positive psychology and sustainability and is being used by educators to contribute to positive school health. Lessons in Sustainable Happiness is an e-book that provides activities for teachers to enhance their own sustainable happiness. These activities are followed with lessons for primary, junior and intermediate grades. At a time when teacher wellbeing, student mental health and planetary health need to be addressed, Lessons in Sustainable Happiness offers practical steps for integrating sustainability and well-being. There is also a free education resource, Sustainable Happiness and Health Education, that links sustainable happiness with Nova Scotia health education outcomes. Catherine O'Brien, PhD, an education professor who developed the concept of sustainable happiness, teaches the world's first university course (at Cape Breton University) in this groundbreaking field. She is a leading contributor to the development of the online course in sustainable happiness. Her blog, SH-EXTRA provides inspiring examples of bringing sustainable happiness to life.
- **FREE Health Education resources** are available. The resource "Vibrant Faces Co-Ed" provides guidelines for students to assist in the development of active, healthy lifestyle skills. Topics include becoming physically active, developing healthy eating habits, how to care for their bodies and how to achieve a healthy body/self image. Order online at [www.ophea.net/vibrantfaces](http://www.ophea.net/vibrantfaces) to get your Teacher Guides and Student Workbooks-applicable to **Grades 7-8**.

## Grade 9

### Healthy Living 9

#### Provincial Guide

- The draft of Health Living 9, plus several curriculum resources for the course, are available on the Educator's site (via EduPortal). These include Healthy Living 9 Curriculum Guide (Draft, July 2014) and two supplements, Mental Health Supplement (Draft HL9, March 2013) and Workplace Health &

Safety: A Curriculum Supplement (Draft HL 9, Feb 2014)-addresses SCO 9.21 in the new HL 9 Curriculum guide.

- HL 9 is compulsory for all Grade 9 students and includes a mandatory eight-hour Workplace Health and Safety module. Healthy Living 9 comprises an important outcome, SCO 9.21 that addresses “Workplace Health and Safety” through a three-unit resource called Workplace Health & Safety: A Curriculum Supplement (Draft, Feb 2014)-sent out to teachers in Sept 2014. It is vital that Healthy Living 9 teachers teach this Workplace & Safety module with their students, as Grade 9 is the age where most are soon looking for jobs and in grade 10 may be involved in Co-op placements. The health and safety of young workers is directly influenced by the information they receive from teachers and trainers. **Three important resources for the effective delivery of the Health and Safety Module in Healthy Living 9 are**
  1. Healthy Living 9: Workplace Health and Safety Moodle: A Grade 9 teachers’ online Moodle resource that hosts learning resources to support the delivery of HL9’s workplace health and safety outcome. ***How to access the Moodle is provided under the Core Resources below.***
  2. Healthy Living 9: Workplace Health and Safety: A Curriculum Supplement (2014)-access via the Moodle
  3. the archived Webinar “Healthy Living 9: Addressing the Mandatory Workplace Health and Safety Outcome”-access via the Moodle
  4. Risk Assessment form and webinars “Risk Assessment for Independent Student Learning”-access via the Moodle
- The Department of Education and Early Childhood Development in partnership with the Department of Health and Wellness recently announced new drug education curriculum resources in the form of seven lesson plans to address a national and provincial concern regarding prescription drug misuse (these were sent to schools last year / Feb 2015). We recognize that schools share a responsibility with families to discuss pressures and influences that can lead to the misuse of alcohol, marijuana and prescription drugs. In an effort to support families, the Department of Health and Wellness collaborated with EECD staff to develop two parent support materials to be shared electronically with families within each school that houses students in grades 7, 8, and/or 9 that communicate the intent of the lessons produced and provide information and key messages to support families in having conversation with their children. The first piece is an infographic. The second piece is a letter that can be shared with families. **These two communications were sent to schools (Aug 2015).** The DoE recommend that schools communicate this information electronically, recognizing that most boards and many schools have electronic methods in place to communicate with parents. It would be appropriate for boards and schools to share this via their website, as it would

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- The new P-9 SCO's are based within three units of study: Healthy Self, Healthy Relationships, and Healthy Community.

**Core Resources**

- My Health: Talking Openly about Healthy Living 9: Student Text and TR

- Do you feel challenged to connect with your students about some of the more sensitive material in the Grades 7-9 Healthy Living curriculums? New ideas and possibilities to make the **Healthy Living curriculum more engaging for students**? A workshop put on by Brian Braganza on November 30, 2016 was well received by those teachers who attended.

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- Safety webinars took place in September and October 2014 and are now archived in the EduPortal. The Eduportal can be found at: <https://edapps.ednet.ns.ca/eduportal/>

Also, here is the link to the descriptions of the webinars that teacher's will see.

  - Risk Assessment for Independent Student Learning Projects
  - Risk Assessment Requirements for 10-12 Co-op
  - HL9: Addressing the Workplace Health & Safety Outcome
- The webinar: **Risk Assessment for Independent Student Learning Projects**, was recorded and the archive is now available on the EECD Digital Video Library (DVL) at the following address: <http://dvl.ednet.ns.ca/videos/risk-assessment-independent-student-learning-projects>
- One of the commitments in A Workplace Safety Strategy for Nova Scotians 2013–2017 is that “workplace safety programming in the public school system (P–12) will be expanded.” The DoE are working hard to strengthen workplace health and safety components and resources wherever they can across the curriculum and released an Information Item to update schools on this endeavor (April 2014). They have updated the **Healthy Living 9 Workplace Health and Safety: A Curriculum Supplement (Feb 2014) - was sent to schools** The delivery of Healthy Living 9 Workplace Health and Safety module **is compulsory**. It is important to ensure that all teachers of Healthy Living 9 deliver this curriculum. As Ted Temertzoglou notes in the Healthy Living 9 textbook, My Health: Talking Openly about Healthy Living,

“Many youth across the country are employed either part-time in conjunction with their schooling or full-time during the summer. Unfortunately, young people are not always familiar with workplace safety issues. The issue of workplace safety can be further complicated when working in a family business or for a family friend.” (p. 204) This Workplace Health and Safety curriculum supplement is intended to build awareness among grade 9 students of the importance of workplace health and safety and to enhance their capacity to analyze any work environment in which they might find themselves (for paid and unpaid work). Of course, we also want students to develop the critical thinking, reflection, and communication skills needed to contribute to the development of a culture of safety within their work lives. This supplement has been designed to be delivered in eight (8) hours. It is suggested that teachers introduce this module after students return from March break, closer to the spring when students may be thinking of summer work. In this way, workplace health and safety becomes more relevant to youth, as opposed to early in the school year when the majority of grade 9 students are not yet involved in the workplace beyond school.

- A Moodle now exists for teachers to access for Healthy Living 9 and the Workplace Health and safety Module. This moodle hosts learning resources and course implementing materials for teachers delivering HL9’s workplace health and safety module.
  - ✓ Visit <https://nsvs.ednet.ns.ca>
  - ✓ Click on Professional Communities of Practice and then select Moodle 2.4
  - ✓ Log in using your full staff email.
  - ✓ Enter required information if asked (\*) and then click Home
  - ✓ Locate Professional Communities of Practice; select the subcategories Active Healthy Living and then the course called: Healthy Living 9: Workplace Safety.
  - ✓ There is no enrollment key- just click on Enrol Me

You are now a participant in the course and it will be displayed under “My Courses” each time you log into NSVS.

- The Healthy Relationships for Youth (HRY) curriculum supplement to support the Grade 9 Healthy Living curriculum was piloted in both BHS (Erika Muir) and NGRHS (Diane Wilband) in the 2013-2014 school year and expanded to LRHS and FHCS (Devan Naugler) in 2014-15. HRY is composed of twelve sessions that are intended for a class time of about one hour. Each session is formatted to identify what the students will learn, what materials are necessary for the session, and an introduction for each topic. The Healthy Relationships for Youth curriculum attains the learning outcomes for many of the grade nine Healthy Living outcomes as required by the Nova Scotia Department of Education. The sessions are organized so that each session acts as a building block for the next.
- DVD called “The First Step”.

- Dr. Stan Kutcher, Sun Life Chair in Adolescent Mental Health in collaboration with the Canadian Mental Health Association, developed the Mental Health & High School Curriculum Guide in 2007. It was launched in 2011 after field testing and a number of revisions. The Curriculum was designed to be embedded in the curriculum of high school classes (Grades 9 or 10). The objective of the six-module Curriculum is to enhance mental health literacy for students and teachers, and a one-day training session is offered to educators who will implement the Curriculum within their classrooms. The training examines the basic concepts of mental health, the epidemiology of mental disorders that typically onset in adolescence and factors associated with stigma. The training also reviews the six modules of the Curriculum, supplementary educational resources and teaching strategies for effectively addressing mental health literacy. The objective of the training is to improve educators' knowledge of the Curriculum and its contents, increase knowledge regarding mental health and mental health illness, and enhance positive attitudes towards mental illness. The program evaluation report presents the outcome of Curriculum training delivered to Grade 9 Healthy Living teachers from the Halifax Regional School Board (HRSB) in January 2012. The reports have been sent to SSRSB principals. Stan Kutcher's Mental Health resource, "Mental Health & High School Curriculum Guide" has been approved for use in Grade 9 Healthy Living as a supplement/support resource to the curriculum (like the WPHS module) with our Grade 9's. A PD workshop was held on June 6-7, 2013 for HL 9 teachers and Guidance Counselors who work with Grade 9 students.
- "Remembering Westray"-a lesson plan (for Healthy Living 9: Workplace Health and Safety Module) developed by Michael Stewart, Dr. JH Gillis Regional High School, Antigonish and Tracey Leary, Workers' Compensation Board of Nova Scotia was sent to schools in May 2012. The Westray mine disaster is one of the worst workplace health and safety tragedies in Nova Scotia's history. In the early morning of May 9, 1992 a violent explosion rocked the tiny community of Plymouth in Pictou County, instantly killing the 26 miners working there that morning. Delivering this lesson in the classroom will provide to students:

  - i. An overview of the Internal Responsibility System that underpins NS workplace health and safety law,
  - ii. An introduction to an important event in Nova Scotia history that continues to impact workplaces and safety legislation, here and across Canada,
  - iii. A safe environment to explore and discuss how families and communities were affected by the tragedy, and
  - iv. An opportunity to access and become familiar with text, video, and online resources specific to the Westray mine disaster, including those of the Nova Scotia Government, the National Film Board, the CBC Digital Archives, and the WHS 11 Moodle on the Nova Scotia Virtual School.

- Over the last number of years young worker injury has steadily declined in Nova Scotia, and we know high school teachers have played an important role in this improvement. Continuing to provide health and safety curriculum supports, Workers' Compensation Board of NS, are pleased to launch their second workplace safety Moodle "Workplace Health and Safety 10-12". This resource Moodle has eight full content folders with teacher prep information and classroom activities, over 20 videos, dozens of links to best practice workplace health and safety agencies and safety associations, and direct links to free First Aid training and online WHMIS for all students in grades 10–12. While designed to directly support the outcomes of Co-Op, Career Development, and Workplace Health and Safety, this Moodle can also be accessed for any course where students are engaged in lab work, independent community-based learning activities, or where work and career are discussed. Regardless of what you teach, there is something in here for you! The enrolment key for Workplace Health & Safety 10-12 is '10-12safety'. If you teach Healthy Living 9, the safety module can be found under our very first Moodle, HL 9:Workplace Safety with enrolment key 'hl9safety'.
- Healthy Mind, Healthy Body: Grades 7-9, I'm in Control (2008)- outcomes related to mental and emotional health. **IMPORTANT** One of the Fact Sheets (page 80) in the resource *Healthy Mind, Healthy Body: A Mental Health Curriculum Supplement Grades 7-9* with phone numbers for various provincial help line phone numbers is no longer current. In an unforeseeable and unfortunate happenstance the number for the Nova Scotia Youth Help Line (1 800 420-8336) is now a phone line with negative sexual messaging. This resource was distributed to schools in 2008 and while the content remains current and a recommended resource for teachers of Healthy Living 7-9, phone numbers do change (as do websites). Healthy Living 7-9 teachers should remove this page 80 from the coiled resource. Regardless of whether or not the teacher utilizes this resource, it is important that this page in the book be removed or marked with X through it so that any incoming teacher using the resource knows not provide this page of phone resources to students.
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