



Comprehensive Health Education

Pacolet Elementary

Comprehensive health education is required for all students. South Carolina has specific requirements for health education based on the Comprehensive Health Education Act of 1988. The South Carolina Academic Standards for Health and Safety Education provide the scope and sequence for age appropriate health education.

The 2014 amendment to the Comprehensive Health Education Act requires that all schools provide instruction in sexual abuse and sexual assault prevention during the academic calendar year to students in grades PreK-12th grade.

Our curriculum is aligned to the 2017 standards. To meet the needs of our students we use a variety of teaching methods, activities, resources, strategies, and local guest to address the performance indicators. Majority of our school curriculum is taught by our school guidance counselor through weekly guidance classes. Fitness and nutrition are moderately taught during PE classes and Mood Boost activities.

Below are additional materials and resources that we use at Pacolet Elementary:

- ❖ **SC Comprehensive Education Act**
<https://www.scstatehouse.gov/code/t59c032.php>
- ❖ **SC Academic Standards for Health and Safety Education**
<https://ed.sc.gov/index.cfm?LinkServID=9F2D43B9-B8FB-1EBD-A5CC729876902311>
- ❖ **District 3 Wellness Policy** - The district policy that recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The district is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience.
- ❖ **Mood Boost** – District 3's K12 pilot program called Mood Boost. Mood Boost features scientific data that correlates specific foods and ingredients to our moods.
- ❖ **Olweus Bullying Prevention** - The Olweus Bullying Prevention Program is designed to improve peer relations and make schools safer along with reducing bully and preventing existing bullying problems among students.
- ❖ **SPARK Physical Education PE Programs**- Research-Based curriculum, training & equipment.
<https://sparkpe.org/curriculum/k-2>

- ❖ **Second Step (Erin's Law)**
<https://www.secondstep.org/child-protectionment>
- ❖ **Fitness Gram** – an assessment that measures student fitness levels.
- ❖ **Red Ribbon Week** – Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October.
- ❖ **Pacolet Fire Department** -promote fire safety and provide materials to support
- ❖ **Healthy Smiles** – provide free dental education and free dental screenings
- ❖ **Weekly PE classes** - we provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education.
(All students will be provided equal opportunities to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.)

Additional supporting videos

- ❖ **The Brain/Hand Model and “Flipping Your Lid” Video** <https://vimeo.com/221019140>
- ❖ **8 Never/Never Rules (K-3) from Second Step** <https://watchkin.com/1a3aa79957>
- ❖ **Effects of Smoking** <https://therealcost.betobaccofree.hhs.gov/effects.html>