

Diocese of Jefferson City

Health Standards

- Standard A** **Personal Health and Safety**
Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.
- Standard B** **Substance Abuse and Use**
Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.
- Standard C** **Consumer Health**
Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.
- Standard D** **Health Disease and Prevention**
Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.
- Standard E** **Environment and Community**
Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.
- Standard F** **Mental Health**
Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.
- Standard G** **Nutrition**
Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

Curriculum Connection Codes

AR	ART	MU	MUSIC
EE	ENVIRONMENTAL EDUCATION	PE	PHYSICAL EDUCATION
FL	FOREIGN LANGUAGE	RE	RELIGION
HE	HEALTH	SC	SCIENCE
IT	INFORMATION HEALTH	SR	COMMUNITY SERVICE
LA	LANGUAGE ARTS	SS	SOCIAL STUDIES
MA	HEALTH		

Note – These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span. (K-4, 5-8).

WITHIN our Kindergarten Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

KA.1 Identify the personal responsibility for good hygiene.

1. Demonstrate methods of cleaning teeth.
2. Demonstrate proper hand washing technique.

KA.2 Identify the personal responsibility for safety strategies.

1. Identify appropriate behavior with strangers.
2. Identify arrival and dismissal procedures for school.
3. Demonstrate safe behavior at school on the playground, classroom and bathroom.
4. Identify traffic signals and street safety.

KA.3 Identify wellness strategies.

1. Name physical activities which enhance health.
2. Select clothing appropriate to various activities and weather conditions.
3. Recognize the need for sufficient sleep to benefit the body.

KA.4 Identify procedures that contribute to our wellness.

1. Identify where the health room is located.
2. Identify school nurse or person to see if injured.
3. Identify common health hazards and accidents.
4. Recognize that all injuries need to be reported accurately and immediately.
5. Be able to contact "911"

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

KB.1 Understands aspects of substance abuse and use.

1. Recognizes their own personal uniqueness, strengths and feelings. (RE)
2. Identifies non-food substances that can be harmful, i.e. insecticides, sprays, glue, cleaning supplies.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

No Objectives

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

KD.1 Knows how to maintain and promote personal health.

1. Distinguish between the pleasant aspects of being well and the unpleasant feeling of being sick.
2. Describe how infections occur and modes of transmission (saliva, food, water-borne, skin, blood, air).
3. Identify ways infection may be prevented. (Washing hands, covering nose and mouth when sneezing, staying home when ill.)
4. Identify the role of the family and health care professionals in preventing disease.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

KE.1 Understands environmental and external factors that affect individual and community health.

1. Describe people's dependency on the environment and how protecting and improving it contributes to their health.
2. Explain steps individuals can take to prevent pollution and create a health environment.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

KF.1 Knows how to maintain mental and emotional health.

1. Recognize different feelings experienced by oneself and others and how they affect one's daily life.
2. Recognize that it is important to express feelings and communicate desires for a healthy lifestyle.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

KG.1 Understands essential concepts about nutrition and diet.

1. Recognize that food choices are related to a healthy body.
2. Describe the benefits of a balanced diet and the effects of an unbalanced diet.

Note – Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

WITHIN our First Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

1A.2 Identify the personal responsibility for safety strategies.

1. Observes safe practices for tornado, fire, earthquake, thunderstorms, etc.
2. Can contact “911” and report emergencies accurately.
3. Can respond to smoke or fire emergencies.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

1B.1 Understands aspects of substance abuse and use.

1. Identifies feelings such as sadness, happiness, frustration, anger, scared, loving, embarrassed, interested, boredom.
2. Demonstrate ways people get along with others.
3. Identify ways of solving problems.
4. Recognize ways to respond to peer pressure.
5. Identify personal gifts and personal abilities.
 - a. Demonstrate ways to give and receive compliments and encouragement.
6. Identify types of medicines/drugs, i.e. prescription, over-the-counter, illegal.
 - a. Tell rules for taking medicines.
 - b. Know how medicine is stored.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

1C.1 Knows the availability and effective use of health services, products and information.

1. Identify health professionals and the services they provide.
 - a. Recognize when to access the services.
2. Identify the impact of advertising and other influences on the use of health care products.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

1D.1 Knows how to maintain and promote personal health.

1. Recognize simple definitions of the terms health, disease, illness, symptoms, medicine, prescription, diagnosis, and prevention.
2. Identify the purpose of required immunizations

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

1E.1 Understands environmental and external factors that affect individual and community health.

1. Identify Personal health measures that individuals can take to limit pollution.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

1F.1 Knows how to maintain mental and emotional health.

1. Identify and describe the positive and negative effects of stress on the body and give specific ways to prevent and cope with stress.
2. Discuss ways to handle emotional trauma in a variety of family situations. (Divorce, death, alcoholism, violence, success, failure).

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

1G.1 Understands essential concepts about nutrition and diet.

1. Recognize that food spoilage is a health problem and cite ways to prevent and/or control food spoilage.
2. Identify the signs of food spoilage.
3. Recognize the economics as well as health consequences of good choices.

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These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

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WITHIN our Second Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

2A.2 Identify the personal responsibility for safety strategies.

1. Recognizes poisonous substances in the home.
2. Avoids contact with another's body fluids.
3. Uses playground and P.E. equipment safely.
4. Identifies bicycle safety procedures.
5. Identifies electricity safety.
6. Uses safe practices in the cafeteria, gym, playground, and classroom.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

2B.1 Understands aspects of substance abuse and use.

1. Demonstrate an understanding and acceptance various family structures.
2. Explain the concept of stress and identify positive ways to deal with it.
 - a. Understand that people have problems.
 - b. Demonstrate problems solving strategies.
 - c. Know it is acceptable to ask others for help.
 - d. Recognize the variety of feelings experienced as part of everyday life.
3. Identify qualities of a good friend.
4. Describe the harmful effects of tobacco, and alcohol on the body.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

2C.1 Knows the availability and effective use of health services, products and information.

1. Analyze the problems related to good consumer health and decisions about health care services and products.
2. Identify the impact of advertising and other influences on the use of health products and services and what the individual or family does to identify and use the most effective ones.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

2D.1 Knows how to maintain and promote personal health.

1. Describe the advantages of maintaining a healthy lifestyle.
2. Identify the signs, symptoms and treatment for common childhood health problems, colds, influenza, chicken pox, mumps, conjunctivitis, ear infections, diarrhea, impetigo, head lice.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

2E.1 Understands environmental and external factors that affect individual and community health.

1. Identify environmental problems (i.e. air, water, land and noise pollution) and how they affect health.
2. Explain the need for conservation of our natural resources and how it can affect health.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

2F.1 Knows how to maintain mental and emotional health.

1. Analyze social and mental problems arising from peer pressure and give specific ways to control the pressure and make good decisions.

2. Identify ways to promote personal mental health when in conflicting situations with others, (i.e. peers, parents, persons in authority, older persons, person or groups) with different beliefs and attitudes.
3. Identify ways to help oneself and others develop positive self concepts.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

2G.1 Understands essential concepts about nutrition and diet.

1. Identify how the body is affected by poor food choices and what can be done by oneself to prevent the effects on the body.
2. Identify the nutritional needs of individuals and the problems facing people in securing a balanced diet.

Note – *Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.*

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

WITHIN our Third Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

3A.2 Identify the personal responsibility for safety strategies.

1. Demonstrates understanding of all procedures from previous year.
2. Knows proper care of minor injuries.
 - a. Researches procedures for nose bleed, burns, animal bite, bleeding, etc.
3. Know life threatening injuries and accident procedures to follow.
 - a. Knows basic procedures for shock, not breathing, head and eye injuries, choking, electric shock, etc.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

3B.1 Understands aspects of substance abuse and use.

1. Identify the various social communities to which students belong.
 - a. Demonstrate the social skills enabling them to be productive members of those groups.
 - b. Recognize the consequences of their actions in these groups.
2. Define the legal use of drugs, specifically alcohol, tobacco, and prescriptions.
 - a. Recognize how drug abuse effects the community.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

3C.1 Knows the availability and effective use of health services, products and information.

1. Identify health service provided by community agencies.
2. Identify consumer products used at home and school and analyze positive and negative aspects of each.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

3D.1 Knows how to maintain and promote personal health.

1. Investigate and verify the existence and effects of disease causing microorganisms.
 - a. Define terms such as infectious, bacteria, viruses, parasites, chronic, communicable and acute.
2. Identify noncommunicable diseases that occur. (Cardiovascular, cancer, diabetes, arthritis, dental disease, obesity.)
3. Identify measures necessary to make the school and community as free of communicable diseases as possible.
4. Demonstrate daily personal habits that contribute to good health. (sleep, exercise, nutrition, posture, hygiene.)
5. Identify how to prevent common health problems. (cleanliness-head lice, skin infections, diarrhea, nutrition-upset stomach, obesity)
6. Describe why prevention, early detection and treatment are important in disease control. (immunization, screening, observation, referral for private treatment.)

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

3E.1 Understands environmental and external factors that affect individual and community health.

1. Demonstrate an understanding of how each type of pollution (air, water, land, noise, and second hand smoke) affect people's health and what can be done by individuals to control the effects of the body.
2. Analyze community and personal health practices which affect the environment.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

3F.1 Knows how to maintain mental and emotional health.

1. Recognize the need for belonging, love, identity, success, self-worth, and decision making which are basic to good mental health.
2. Recognize mental health problems and how they can be prevented and/or controlled by one's own behavior and attitude.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

3G.1 Understands essential concepts about nutrition and diet.

1. Recognize that nutrition is a serious health problem that affects every person's life and identify the risks associated with excessive intake of fat, sugar, sodium and empty calorie foods.
2. Consider nutrient content in selecting healthful snack food items.
3. Identify circumstances which inhibit individuals from choosing a balanced diet.

Note – Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

WITHIN our Fourth Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

4A.2 Identify the personal responsibility for safety strategies.

1. Recognizes fire safety practices for the home.
 - a. Designs an evacuation plan.
 - b. Teaches others smoke and fire safety procedures.
2. Knows appropriate safety and rescue measures if lost.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

4B.1 Understands aspects of substance abuse and use.

1. Identify feelings, their causes and acceptable ways of expressing them.
2. Identify factors influencing decision-making. (Parents, values, peers, society.)
3. Use appropriate communication skills with adults and peers.
4. Identify the functions of the heart, lungs, brain and the digestive system.
 - a. Describe the effects of drugs on major body organs.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

4C.1 Knows the availability and effective use of health services, products and information.

1. Recognize when to seek medical attention and preventive health care and the consequences to oneself and society of not receiving adequate health care.
2. Determine how to identify qualified health personnel.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

4D.1 Knows how to maintain and promote personal health.

1. Identify the four leading causes of death from disease in the general population and classify as infection, communicable, and/or chronic.
2. List ways chronic diseases limit the ability of the body to function and what can be done to prevent and/or control them personally.
3. Describe how the body builds immunity and identify conditions which cause the loss of immunity.(Congenital conditions, medications, other disease, HIV infection/AIDS, cancer leukemia.)
4. Identify and describe the various ways diseases are transmitted.(air borne, water borne, direct and indirect contact with body fluid of infected individual)
5. Define terms such as infectious, bacteria, viruses, parasites, chronic, communicable and acute.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

4E.1 Understands environmental and external factors that affect individual and community health.

1. Identify health issues that are related to the areas of ecology, pollution, environment and sanitation.
2. Describe ways in which people change the environment and what individuals can do to protect it.
3. Determine the unhealthy effects of environmental pollution.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

4F.1 Knows how to maintain mental and emotional health.

1. Identify and state the basic human needs and the mental problems that may result if they are not satisfied. (food, water, shelter, clothing, belonging, acceptance, love)
2. Explain the need for acceptance of oneself and others and how that acceptance will promote a healthy lifestyle.
3. Identify time management strategies for a balanced healthy life.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

4G.1 Understands essential concepts about nutrition and diet.

1. Identify and demonstrate a practical system of selecting nutritional foods that will promote health and proper weight control.
2. Analyze the difference between reliable and unreliable information relating to the advertisements of foods.

Note – Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

WITHIN our Fifth Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

5A.2 Identify the personal responsibility for safety strategies.

1. Demonstrates understanding all procedures from previous years.
2. Knows procedures to follow in emergencies until help arrives.
 - a. Performs rescue breathing.
 - b. Performs first aid for choking, electric shock, poisoning.
 - c. Knows classification of burns and first aid for burns.
3. Recognizes the dangers of boating and water activities.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

5B.1 Understands aspects of substance abuse and use.

1. Review harmful effects of tobacco and spit tobacco.
2. Demonstrate comprehension about mind altering drugs and their use.
3. Recognize positive qualities they possess to increase confidence and to resist pressure.
 - a. Demonstrate how to resist pressure and to say no effectively.
 - b. Identify and analyze media influences about tobacco and other drugs.
 - c. Know that choices have consequences.
 - d. Identify negative consequences of violent ways of dealing with conflict.
4. Identify the influence of older students as role models.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

5C.1 Knows the availability and effective use of health services, products and information.

1. Identify how advertising and other factors influence the use of health products and services.
2. Identify ways individuals can protect themselves from unsafe or fraudulent health products and services.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

5D.1 Knows how to maintain and promote personal health.

1. Demonstrate basic knowledge of the systems of the body and how they can be protected from disease. (Cardiovascular diseases, cancer, diabetes.)
2. Identify negative health behaviors and describe how they affect the body and contribute to the development of disease (tobacco use, poor food choices, lack of sleep and exercise, stress, lack of cleanliness, inappropriate use of drugs).
3. Identify non-communicable diseases. (Cancer, heart disease, diabetes, epilepsy, arthritis, multiple sclerosis, muscular dystrophy, and cerebral palsy.
 - a. Some are caused by poor nutrition, by aging, some are hereditary, some caused by living and working conditions, some remain a mystery.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

5E.1 Understands environmental and external factors that affect individual and community health.

1. List the positive factors of the environment that contribute to the quality of life.
2. Identify sources of air, water, land and noise pollution and cite specific ways each can be reduced.
3. Identify the need for sanitation in our society and the steps that can be taken by individuals and society to ensure proper sanitation.
4. Identify the need for vaccinating animals and analyze the responsibility of individuals to have animals vaccinated.
5. Recognize the current environmental factors which will have an impact on future generations.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

5F.1 Knows how to maintain mental and emotional health.

1. Define the term “mental health” and identify mental health problems that frequently arise among individuals and in society.
2. Identify moods and emotions (frustration, loneliness, happiness, anger, affection, love, hate) and describe how they may give rise to mental health problems.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

5G.1 Understands essential concepts about nutrition and diet.

1. Analyze the changing family roles and explain their influence on family food patterns.
2. Demonstrate the ability to use the basic food groups as a guide for planning a balanced diet.

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WITHIN our Sixth Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

6A.2 Identify the personal responsibility for safety strategies.

1. Demonstrates responsibility for safety and supervision on streets.
 - a. Knows ways to prevent motor vehicle injuries and bicycle injuries.
2. Knows ways to prevent substance abuse and first aid for substance abuse emergencies.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

6B.1 Understands aspects of substance abuse and use.

1. Review harmful effects of tobacco and spit tobacco.
2. Demonstrate comprehension about mind altering drugs and their use.
3. Recognize positive qualities they possess to increase confidence and to resist pressure.
 - e. Demonstrate how to resist pressure and to say no effectively.
 - f. Identify and analyze media influences about tobacco and other drugs.
 - g. Know that choices have consequences.
 - h. Identify negative consequences of violent ways of dealing with conflict.
4. Identify the influence of older students as role models.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

6C.1 Knows the availability and effective use of health services, products and information.

1. Determine how information on a label can be used in selecting health products, i.e. over the counter drugs, prescriptions drugs, quackery.
2. Demonstrate the ability to make informed decisions regarding the use of health products and health services.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

6D.1 Knows how to maintain and promote personal health.

1. Identify Communicable Diseases.
 - a. Caused by bacteria-Whooping Cough, tetanus, diphtheria.
 - b. Caused by viruses-chicken pox, measles, mumps, polio, flu, common cold.
 - c. Caused by fungi-Athlete's foot, ringworm, skin diseases.
 - d. Caused by protozoans-Malaria.
2. Identify three diseases for which cures or new treatments are needed and three scientist who have contributed to disease prevention and their contributions.
3. Predict the consequences of inadequate or ineffective public services (garbage and solid waste) and alternative solutions if not provided.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

6E.1 Understands environmental and external factors that affect individual and community health.

1. Explain the role of community agencies in protecting and promoting the health and safety of community members.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

6F.1 Knows how to maintain mental and emotional health.

1. Identify changes in feelings that occur during adolescence and give alternatives for dealing with them constructively.
2. Explain the need for the acceptance of oneself and others. Explain how that acceptance will promote a healthy lifestyle.
3. Develop strategies to show respect for peers and adults.
4. Recognize the need for and means for securing mental health treatment.
5. Identify mental health care providers.

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

6G.1 Understands essential concepts about nutrition and diet.

1. Identify and describe factors that affect the acceptability of food. (age, religion, beliefs, health problems)
2. Analyze food labels for nutritional value.

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WITHIN our Seventh Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

7A.2 Identify the personal responsibility for safety strategies.

1. Distinguishes between situations requiring first aid and/or emergency services.
 - c. Demonstrates ability to control bleeding and care for muscle, bone and joint injuries.
 - d. Identifies the signals of sudden illness including poisoning, burns, seizures, heat and cold emergencies and how to care for them.
2. Demonstrates safety procedures in a laboratory setting.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

7B.1 Understands aspects of substance abuse and use.

1. Knows conditions that may put people at higher risk for substance abuse problems. (genetic inheritability, substance abuse in family, low frustration tolerance.)
2. Knows factors involved in the development of a drug dependency and the early, observation signs and symptoms. (tolerance level, drug-seeking behavior, loss of control, denial)
3. Knows short and long term consequences of the use of alcohol, tobacco and other drugs.
4. Knows public policy approaches to substance abuse control and prevention. (pricing, taxation, warning labels, regulation of advertising, restriction of consumption)
5. Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

7C.1 Knows the availability and effective use of health services, products and information.

1. Distinguish between reliable and questionable sources of consumer health information.
2. Identify ways individuals can protect themselves from unsafe or fraudulent health products and services.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

7D.1 Knows how to maintain and promote personal health.

1. Describe how myths and inaccurate information hinder understanding and application of disease prevention and control measures.
2. Define “public health” and explain how public health agencies assist interrupting the spread of disease and preventing disease from occurring.
3. Analyze personal daily living habits that increase the risk of developing disease and devise a plan for a healthier lifestyle.

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

7E.1 Understands environmental and external factors that affect individual and community health.

1. Compare the cost of prevention of disease and accidental injuries with the cost of treatment.
2. List ways in which daily living patterns protect the damage of the environment.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

7F.1 Knows how to maintain mental and emotional health.

1. Recognize the most common mental health problems of the student's age group and give examples of each. (depression, isolation, anxiety, loneliness, low self-esteem)
2. Recognize the events that affect one's mental health and give possible ways of dealing with them constructively. (divorces, finances, death, family, illness, changing schools.)

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

7G.1 Understands essential concepts about nutrition and diet.

1. Identify eating disorders (anorexia, obesity) as serious health problems.
2. Evaluate popular snack items, given the reality that snacking has become an important part of our daily food intake.

Note – *Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.*

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

WITHIN our Eighth Grade Health curriculum, students will:

Standard A Personal Health and Safety

Students in the Diocese of Jefferson City will explore personal health issues and learn procedures for home and school safety.

8A.2 Identify the personal responsibility for safety strategies.

1. Demonstrates understanding of all procedures from previous years.
2. Identifies risk behaviors for contracting major communicable diseases including AIDS and STDs.

Standard B Substance Abuse and Use

Students in the Diocese of Jefferson City explore the dangers of substance abuse. Students will identify good and healthy uses of medication.

8B.1 Understands aspects of substance abuse and use.

1. Knows conditions that may put people at higher risk for substance abuse problems. (genetic inheritability, substance abuse in family, low frustration tolerance.)
2. Knows factors involved in the development of a drug dependency and the early, observation signs and symptoms. (tolerance level, drug-seeking behavior, loss of control, denial)
3. Knows short and long term consequences of the use of alcohol, tobacco and other drugs.
4. Knows public policy approaches to substance abuse control and prevention. (pricing, taxation, warning labels, regulation of advertising, restriction of consumption)
5. Knows community resources that are available to assist people with alcohol, tobacco, and other drug problems.

Standard C Consumer Health

Students in the Diocese of Jefferson City will explore factors that contribute to the consumer side of health issues and how to make decisions about products and services.

8C.1 Knows the availability and effective use of health services, products and information.

1. Identify consumer health products, services and treatments and decide who is responsible for their regulation and/or control.
2. Describe the laws and regulations that protect consumer health.

Standard D Health Disease and Prevention

Students in the Diocese of Jefferson City will explore elements of different diseases and how they can be prevented.

8D.1 Knows how to maintain and promote personal health.

1. Identify and describe ways of accessing local and state health services and the problems encountered by health agencies and workers in controlling and preventing disease.
2. Describe the detection, prevention and control of common health problems and decide what personal decisions are needed to lead a healthier lifestyle and prevention of disease. (alcoholism, cancer, diabetes, heart disease, HIV infections/AIDS, lung disease, measles)

Standard E Environment and Community

Students in the Diocese of Jefferson City will explore the environmental factors that impact a healthy lifestyle.

8E.1 Understands environmental and external factors that affect individual and community health.

1. Explain why people must work together to solve community health problems.
2. Explain why taxes and contributions of time and money are needed to provide community health services.

Standard F Mental Health

Students in the Diocese of Jefferson City will explore the components of mental health and strategies to promote good mental health.

8F.1 Knows how to maintain mental and emotional health.

1. Analyze one or more examples of social mental health problems and identify the personal qualities that would help one get along with others in a given situation.
2. Identify several different personal mental health problems and decide the best source of help for each.
3. Analyze one or more mental health behaviors and select acceptable ways of expressing emotions consistent with a healthy lifestyle. (love, anger, sadness, remorse, joy, jealousy)

Standard G Nutrition

Students in the Diocese of Jefferson City will learn about proper nutrition and how to develop good eating habits.

8G.1 Understands essential concepts about nutrition and diet.

1. Identify the public agencies that contribute to maintaining a clean and safe food supply.

Note – Not all grades include each standard sub-category (as indicated by gaps in the numbering system). However, all K-4 goals and 5-8 goals are appropriately addressed by the end of fourth and eighth grades.

These grade level performance standards are listed developmentally. However, each school is uniquely organized. Therefore, a specific grade level standard may not be addressed at the grade indicated, but will be addressed within a 4 year time span (K-4, 5-8).

Much of what we expect students to be able to do at the end of their formal education is introduced as early as kindergarten. The difficulty of the materials, the complexity of what students do with them, and the sophistication of their skills change as they grow older. In practice, teachers build on what students have already achieved at one level to help them meet higher standards at the next level.

