MIDDLE LEVEL HEALTH
ROLE OF THE HEALTH TEACHER

• Educate students on how to develop a positive and healthy lifestyle in the areas of mental, social, emotional, and physical health

• Introduce students to as many strategies and resources within their community as possible

With the increase in mental health awareness, we give our kids the tools to combat the stressors of life and society!
CHANGES

• 6th grade
  • Wellness (3x/cycle) → Phys. Ed (2x/cycle) & Health (2x/cycle)

• 7th grade
  • Phys. Ed (2x/cycle) & Health (2x/cycle)

• 8th grade
  • Phys. Ed (2x/cycle) & Health (2x/cycle)

All 3 courses are mandatory!
MENTAL HEALTH LESSONS

6th grade
- Accessing resources
- Go-To Strategies
- Dealing with Troublesome Feelings
- Healthy/Easy Coping Skills

7th grade
- Middle Level Resources
- Social Media
- Coping Strategies

8th grade
- Self-Advocacy
- Expressing Your Feelings
- Grit/Coping Strategies
- Healthy Relationships
TRAININGS/RESOURCES/SUPPORTS

• **Health Smart**
  - K-12 evidence based
  - Aligns with National Standards
  - Addresses all 6 of the CDC's risk factors

• **Say It Straight**
  - Grades 7-8 research based
  - Based in social learning and empowering communication skills
  - Emphasizes values (resiliency, compassion, integrity)

• **Signs of Suicide**
  - Grade 6 research based
  - ACT (Acknowledge, Care, Tell)
  - Parent portal

*Communities that Care (CTC) has provided funding for trainings and programming!!*
PLAN GOING FORWARD

- Continue to look for resources and trainings to support our educators
- Build the K-5 Health curriculum so that it feeds into the middle level
- Continue to collaborate with Pupil Services in order to educate the child as a whole