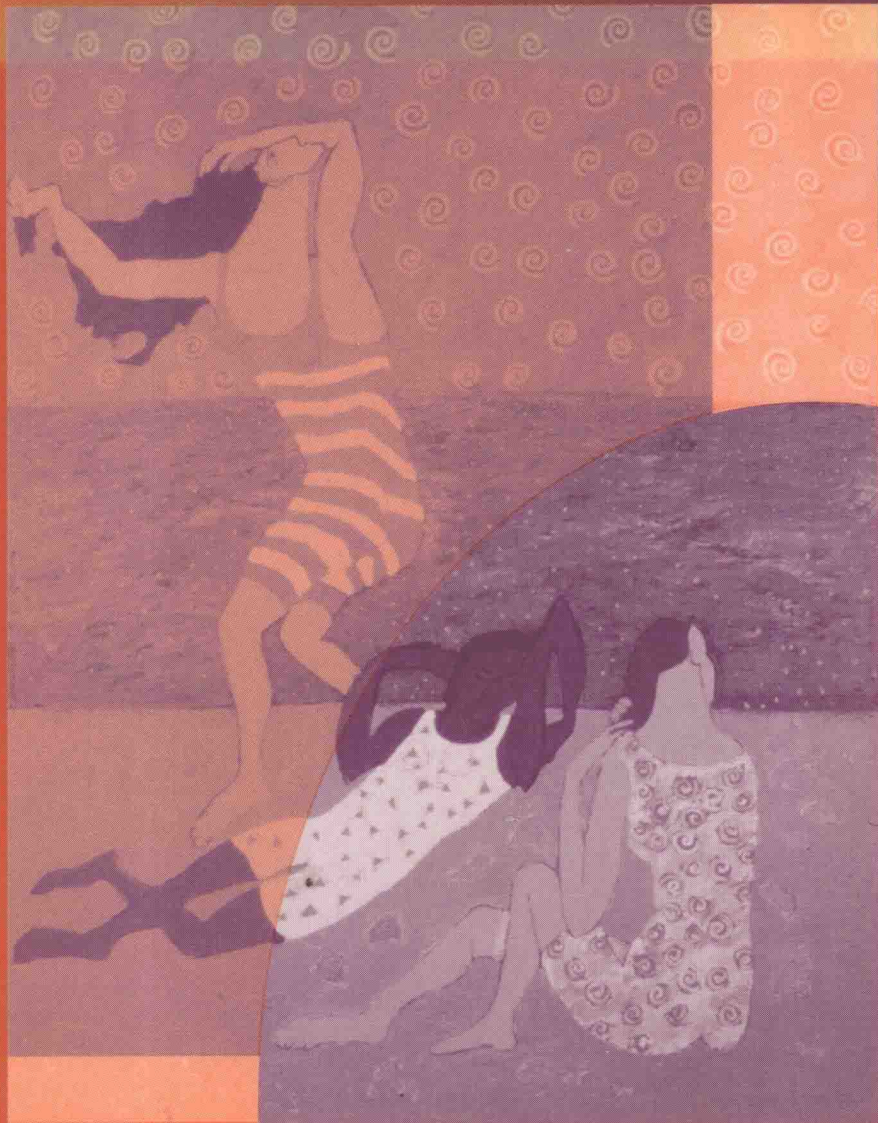


Edited by John Tamblyn



SCHOOL HEALTH
E D U C A T I O N
Readings and Resources

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Edited by John Tamblyn, Ed.D.
California State University-Sacramento



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"World Wide Web Sites of Interest to School Health Personnel," reprinted from *Journal of School Health*, Vol. 67, No. 5, May 1997. SIECUS (Sexuality Information and Education Council of the US).

"Some Medical Web Sites," reprinted from *USA Today Weekend Edition*, Nov. 28-30, 1997. USA Today / Gannett Company.

"Evaluating Health-Related Web Sites," by Lisa N. Pealer and Steve M. Dorman, reprinted from *Journal of School Health*, Vol. 67, No. 6, Aug. 1997. SIECUS (Sexuality Information and Education Council of the US).

Preface

Reflections on Teaching

“I’ve come to the frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations, it’s *my* response that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized.”

-Anonymous

Course Introduction

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HS 136**

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Introductions

- Who am I?
- Course format
- Syllabus, schedule of class meetings
- Class member introductions
 - Studio
 - Overflow

2

Course Syllabus

- I. Course Description
- II. Required texts, reserved books
- III. Course Goals
- IV. Units of Instruction
- V. Objectives

3

Objectives: Upon completion of this course, the student will be able to:

- Describe the role of the teacher in the school setting
- Identify health-related issues which adversely affect youth
- Identify and promote health-enhancing attitudes and behaviors

4

Objectives: Upon completion of this course, the student will be able to:

- Describe the teacher's role in promoting and reinforcing child and adolescent social skills and resiliency
- Identify, evaluate, and utilize health instruction resources that are consistent with local guidelines and policies

5

Objectives: Upon completion of this course, the student will be able to:

- Discuss some of the unique issues related to the ethnic and culturally diverse population of California

6

Course Syllabus

VI. Course Philosophy

VII. Course Requirements

A. Attendance

B. Resource Agency Visit

C. Health Education Lesson Plan

D. Personal Health Plan

7

Course Syllabus

E. C.P.R.

F. Final Examination

VIII. Method of Evaluation

IX. Course Grading

8

Resource Agency Visit

Agency: Planned Parenthood Mar Monte
Contact: Casey McCormick, Education Manager
Community Services Department
Telephone: 446-5037
Address: 1507 21st Street
Sacramento, CA

Health Education Focus:

The education section of the Planned Parenthood Community Services department provides educational assistance in the areas of human reproduction, prevention of sexually transmitted diseases, and parenting. The sexuality education is directed toward high-risk teens and adults. Abstinence education is available for young teens. Parent education programs are designed to help parents communicate with their teen-age children about sexuality. They also provide parenting classes for teens and adults. These are filled primarily with people who are attending classes on a court order.

Funding:

The Community Services (formerly Education) department of Planned Parenthood Mar Monte receives funds from the Office of Family Planning for the programs on sexuality. The program that they are currently providing for high-risk teens and adults, called Street Wise to Sex Wise is funded through June 30, 1997. They are reapplying for funding for this program. Funds from the Office of Family Planning are generally for three-year programs.

The funding for the parenting classes comes from Sacramento County and is renewed yearly. These classes are provided for people who have been ordered by a court of law to attend a parenting class. Ms. McCormick indicated that virtually all of the people who enroll in the classes are doing so under a court order although they occasionally are able to squeeze someone else in. Classes are filled to capacity. Because these classes are sorely needed, she feels that the county funding is almost assured of being renewed each year.

The office currently is working with donor money that was given specifically to provide a summer training program for their Teen Theater. This group gives eight or nine performances during the year in the community, at high schools and youth conferences. The performances are designed to provide information on sexuality to high-risk youth in a format which appeals to young people. Ms. McCormick indicated that the Teen Theater program provides a good avenue for the organization to make contacts with youth in the community. One former performer now works as an intern in the office.

Assistance to Educators:

Planned Parenthood will send a representative to schools to present information on human reproduction, sexuality and prevention of pregnancy and sexually transmitted diseases. The Street Wise to Sex Wise program consists of five sessions. It provides information on anatomy and physiology, abstinence, communication and healthy relationships, HIV/AIDS, pregnancy prevention and peer pressure. The presentations include activities, games, videos and discussions. Planned Parenthood will provide a parent night for parents to preview the program and materials. They also present a program for younger students called Education Now and Babies Later that emphasizes abstinence.

The community services office of Planned Parenthood can also lend videos and books to educators to assist them in presenting programs about sexuality and reproduction to students.

They can offer advice and have many pamphlets that they will give permission to copy for distribution. Some handouts are in the form of posters, including one that describes the physical changes that occur in boys and girls at puberty and another that describes the symptoms of sexually transmitted diseases, how they are spread, how they must be treated and how to avoid them.

I was disappointed to learn that Planned Parenthood is no longer receiving funding from Alta Regional Services for their program on sexual exploitation prevention for developmentally disabled people. Because of the loss of funding, the man who taught that program has taken a job elsewhere in Sacramento and the program is no longer available. However, Ms. McCormick said that they do have two resources available on this topic that teachers may borrow (a deposit is required). One is video series called "Circles." It is for teen-agers with developmental disabilities and focuses on the issue of personal boundaries. The other is a video that comes with anatomically correct dolls for young children with developmental disabilities. It is called "No, Go, Tell" and is oriented to sexual abuse prevention.

History:

The Planned Parenthood office in Sacramento opened in the early 1960s and was incorporated later in the same decade. Up until 1995, there were twelve clinics in operation. That year, five of the clinics were closed. Ms. McCormick indicated that there were several reasons for this. Increasing costs of medical care necessitated consolidating their operations, particularly since the majority of their clients are low-income and cannot afford to pay fees for services. In addition, there is now more competition in the area in the provision of reproductive health care. However, in the same year, Planned Parenthood expanded into the area of primary health care because they found that many of their clients who visited for reproductive care also needed attention in other health areas. The expansion into primary care necessitated the addition of a number of new physicians to their staff.

A chronology of health services offered by Sacramento Planned Parenthood in addition to pregnancy prevention, counseling and testing follows:

1977	abortions
1978	vasectomies
1979	tubal ligations
1986	education department established
1988	HIV testing (anonymous and confidential)
1991	full prenatal and delivery care
1995	primary care

In 1997, Planned Parenthood of Sacramento merged with other northern California Planned Parenthood groups to become Planned Parenthood Mar Monte. Funding for Planned Parenthood's clinical services comes from State only Family Planning Services, MediCal, Title X (a federal program) and fees for services. Private donations also support Planned Parenthood operations.

Personal Health Plan

Content Area	Present Level	Recommendations for Improvement	Projected Timeline
Personal Health - foundation for productive living			
mental	<ul style="list-style-type: none"> balance in time commitments fulfill several roles - wife, mother, and friend three selves - public, private and ideal - are quite similar 	realize that in three years, an adjustment will be necessary (children in college). Roles will change, priorities adjusted. Return to work force on regular basis.	Currently- continue credential work September- apply to new school and continue to substitute teach. Spring 1999- apply other positions. Goal- Two years to secure employment.
physical	<ul style="list-style-type: none"> Adequate for daily tasks and sport activities (tennis, horseback riding, golf, hiking) Weight and body fat are in the low-normal range for age Muscle endurance needs work 	<p>Continue active lifestyle to maintain fitness level. Add regular exercise to target muscle groups. Add walk/jog program.</p>	<p>Wk 1- 20 min. power walk - 3-5 X</p> <p>Wk 2- Pwr walk 5 min., jog same, alternate for total of 20 min. - 4-5X</p> <p>Wk 3- Pwr wlk 10 min., jog same, alternate for 30 minutes. 3-5 X</p> <p>Wk 4- Pwr walk 10 min., jog 20 min. 4-5 times Stay on this regimen.</p>
social	<ul style="list-style-type: none"> friendships secure and varied several distinct groups of friends, each sharing different interests 	Maintain friendships - plan more "couple" activities	4 engagements per month.
spiritual	do not attend services regularly	make time for a daily connection	as desired

Content Area	Present Level	Recommendations for Improvement	Projected Timeline
Family Living - relationships and stability within the family and understanding of one's role and expectations from others and from within			
	<ul style="list-style-type: none"> stable, 25 year marriage - 3 teenage children - set adult example for healthy, cooperative relationship present roles - #1 nurturer (cook, clean, emotions), assist with income, and facilitate individual schedules 	<ul style="list-style-type: none"> no change more \$ needed to defray college costs - seek full-time employment 	<ul style="list-style-type: none"> ongoing application currently on file in local district, teach summer school (already scheduled for June and July), September, if do not have position, apply for position in the new school and continue substitute teaching
	<ul style="list-style-type: none"> set parameters for children's limitations, adjusting as appropriate plan adult's social schedule 	<ul style="list-style-type: none"> no change spend more time with "couple" friends 	<ul style="list-style-type: none"> ongoing 4 times per month plan activity (golf, dinner, games)

Communicable and Chronic Diseases - Contracting of disease is often controlled by one's lifestyle and decisions. Know that present decisions affect future prognosis

disease free - do not smoke, rarely drink, always cautious in activities and while driving, nutrition to maintain health, regular doctor check ups, use universal precautions (especially hand washing)	continue good habits to maintain health	ongoing
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Content Area	Present Level	Recommendations for Improvement	Projected Timeline
Consumer & Community Health - make responsible decisions regarding health care services and products			
strengths	<ul style="list-style-type: none"> • buyer beware - generic alternatives discerning shopper • prevent illness/ promote health <ul style="list-style-type: none"> - have family doctor to oversee family health care needs - do not smoke - rarely drink - rarely use medications • aware of community organizations/agencies 	<ul style="list-style-type: none"> • continue to read labels and compare prices • continue preventive habits improve eating habits - more vegetables (further addressed in nutrition section) 	<ul style="list-style-type: none"> • ongoing • ongoing
weakness	<ul style="list-style-type: none"> • ignorance of problems outside of our household (gangs, drugs, teen pregnancies, dysfunction) 	<ul style="list-style-type: none"> • prepare readily available list of local telephone numbers for family use and for when away at college, i.e., emergency , poison center, hot lines • increase awareness by reading newspapers more thoroughly and tuning into student conversations 	<ul style="list-style-type: none"> • immediate and before kids go to college • immediate and ongoing
Injury Prevention and Safety - develop safe living habits through positive, healthy decisions			
	generally cautious... always: wear seat belt, warm up before exercise, drive carefully, label products not in original container, etc.	some things I do not always do that I should: wear helmet when horseback riding, regularly use sunscreen	ongoing and immediately use sunscreen on a regular basis
Alcohol, Tobacco and Drugs - understand the detrimental effects of these drugs			
tobacco	• do not use tobacco in any form	• do not see need for improvement at this time	• N/A
alcohol	• rarely drink alcohol (occasional glass of wine)		
drugs	• use only medicinal drugs (would not even know how to obtain illegal drugs)		

Content Area	Present Level	Recommendations for Improvement	Projected Timeline
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Environmental Health - how environmental issues affect health

aware	safe from most hazards and conditions, except:	<ul style="list-style-type: none"> • sun 	<ul style="list-style-type: none"> • immediate and ongoing - added sunscreen to shopping list
		<ul style="list-style-type: none"> • be more consistent with use of sunscreen and wearing brimmed hat in summertime 	
		<ul style="list-style-type: none"> • pollution (air and water): cars, fireplace, lawn mower 	<ul style="list-style-type: none"> • when mower needs replacing, consider push mower or electric
careful	pollution/ litter - avoid and correct when possible	<ul style="list-style-type: none"> • continue consciousness - limit pollution produced, pick up other's litter 	<ul style="list-style-type: none"> • ongoing
	recycling - all cans, bottles, newspapers, cardboard	<ul style="list-style-type: none"> • make compost pile for grass clippings, garden waste 	<ul style="list-style-type: none"> • when plant garden this spring (hose down on Sundays)
	conservation - good habits: turn out lights, short showers, combine errand trips	<ul style="list-style-type: none"> • continue good conservation habits (did before it became "popular") 	<ul style="list-style-type: none"> • ongoing

Individual Growth and Development - view of oneself in relation to those around us

growth	development	<ol style="list-style-type: none"> 1. physically - mature and healthy 2. socially - fulfilled 3. emotionally - still seek other's approval 4. spiritually - feel strong connection to nature 	<ol style="list-style-type: none"> 1. increase fitness level 2. no change 3. fulfill only own expectations 4. set aside quiet time with my horse 	<ol style="list-style-type: none"> 1. see personal health 2. ongoing 3. once/week, activity alone 4. every evening at feeding time
life cycle	adulthood - preparing for "empty nest"	<ul style="list-style-type: none"> • continue education and seek employment 		<ul style="list-style-type: none"> • see personal health section

Content Area	Present Level	Recommendations for Improvement	Projected Timeline
Nutrition - make wise food choices			
strength	<ul style="list-style-type: none"> overall - conscious of fat content and eliminate fats where possible 	<ul style="list-style-type: none"> continue this practice 	<ul style="list-style-type: none"> ongoing
weakness	<ul style="list-style-type: none"> drink too many soft drinks (sugar free) do not eat breakfast regularly, so overeat later need more veggies not enough calcium 	<ul style="list-style-type: none"> limit to two per day - save one for evening eat at least one small bowl of cereal with low fat milk and maybe fruit (adds calcium and vitamins) add more veggies and fruit to diet: add to sandwiches replace chips with crudite for dipping, experiment with new veg. in garden, add beans, tomatoes, etc. 1)take vitamin with CA or 2)CA supplement (Tums-CACO3) 	<ul style="list-style-type: none"> on in AM, one after dinner immediately immediate and ongoing 1)one/day or 2) Tums 1=20%RDA

California State University, Sacramento
Health and Physical Education Department

John Tamblyn, Ed.D.

HS 136 - School Health Education

Teacher Evaluation Observation

Evaluator: Indicate the quality of instruction demonstrated according to the following areas:

Instructional Procedures: Materials are clearly and interestingly presented. Teacher develops student participation. The teacher uses plans which outline objectives, procedures, class activities, and materials to be used. Assignments are organized on a short, as well as long term basis. The teacher utilizes techniques to motivate students by use of available varied materials to meet the individual needs of the student. The teacher demonstrates skill in evaluating student progress and the effectiveness of his/her own instruction.

Teachers on students' level: The teacher monitors students' ability to complete tasks.

Achievement of student progress objectives: The teacher is working toward class and student objectives. The lesson relates to the course objectives.

Knowledge of Subject Matter: Teacher's modeling, informational input, and responses are accurate.

Relations with Students: The teacher is sensitive to the pupil's needs for security, acceptance, and success. The teacher demonstrates respect for the pupils and seeks to promote their self-esteem. The teacher sets the tone for harmonious relationships with students and, by example, communicates effectively. The teacher is sensitive, fair, and interested in students and maintains their confidence. The teacher seeks to develop acceptable work habits in students, as well as to promote student progress in subject matter.

Classroom Control: The teacher maintains an orderly learning situation. The students and the teacher are aware of what constitutes accountable behavior, with standards being consistently enforced. The teacher facilitates self-control in students and constructive participation in group endeavors. The teacher models and promotes respect for others.