

Welcome Student!

Welcome to your journey into holistic health. You may be in a family that already teaches you about many of the topics I have addressed in this curriculum, or you may be in a family that is just beginning to learn as well, or somewhere in-between. Regardless of what your knowledge is going into these lessons, especially the nutrition ones, I feel confident you will still learn something. You will also have a chance to read some of the research done and then be able to explain things in a way you may not have learned yet. I believe scientific reviews add validity to natural/holistic claims, BUT as you may discover, government agencies and big pharmaceutical companies have deep pockets with lots of money and they will do just about anything to continue to make money. That may include making some results “disappear”, fire lead scientists, shut off funding to the research if they don’t like the results, bribe people to say something different or hide evidence, and more. This is why non-profits that delve into the research and don’t have an agenda other than the health of the citizens can add value to your decision making. Your job is to read, research and analyze the material, then form and explain your own thoughts and opinions.

You will not only learn about nutrition in this class but about several other topics making this Health Education class well rounded and thorough to ensure an understanding of each area based on the [New National Health Education Standards](#), however, *it does not include education about gender identity*. The goal of a quality health education program is to ensure each student has the knowledge and skills needed to lead a healthy lifestyle utilizing health literacy, which is the ability to access, understand, analyze, apply and advocate for health information and services in order to maintain or enhance one’s own health and the health of others.

The National Health Standards address these topic strands:

- Nutrition and Physical Fitness
- Growth, Development and Sexual Health
- Mental, Emotional and Social Health
- Substance Use and Abuse
- Personal and Community Health
- Injury Prevention and Safety

This curriculum is also designed to help you think about topics related to your health that the majority of people aren’t educated about. It is unique in that the nutrition assignments are focused on learning about holistic health which will give you the power to examine all of your options when it comes to maintaining your health and treating your body for any ailments. Knowledge is power and you can have control over your health!

This curriculum is written to be 4 days a week with 1 hour of physical activity a week. If you are not involved in a sport or physical activity then you can do the Physical Fitness assignment that is included. You and your teacher will decide how many assignments you will need to do to earn your high school credit.

½ credit = 75 hrs/15 weeks = 5hrs a week, 60 days of assignments + 15 hrs PE

The Social/Emotional and Sexual Health Classes (HHE):

1. These are the classes on your dashboard. There is a 5 questions quiz after each lesson. Make sure to log your scores.

Alison Classes:

1. For the classes at [Alison.com](https://www.alison.com) - after clicking on the class link, you can click the green “start learning” button. An ad may pop up, just close it.
2. It will then prompt you to sign up for a free account. Once you have a login email and password, you can click the start learning button again.
3. If you logout or just close your window, there is a green button “continue learning”, that takes you right back to where you left off or you can go to your dashboard and the continue learning button is there too.
4. Once in a class, there is a menu on the left side you can open and it will show the parts of each module.
5. When you complete the quiz, the % earned will be at the bottom left side of the screen. Feel free to retake a test until you have a score you are happy with as many of the assessments are difficult. You do not need to print a certificate.

EVERFI Classes:

1. For the classes at [EVERFI.com](https://www.everfi.com) - your teacher will need to create a teacher account and then add you as a student or create a student account. Write down the passwords somewhere.
2. They will add all the classes you are to take under a class name they create, like “Health Ed”.
3. Once your account is set up, you can login with your credentials. Click on “For Students & Teachers” in the top right corner to go to the login page. You will then see your class tiles listed!

Documentaries:

There is a reflection form to fill out for each documentary. You can locate it on your dashboard in the document library. There are no links to the documentaries. You will have to find them on apps you have on your TV.

The other assignments include reading articles and answering questions. A simple spiral notebook is all that is needed to write out your assignments.

1. Letters listed on an assignment are to be written answers.
2. Bullets on an assignment are to be pondered and discussed with a teacher.
3. Label each day with the number assignment you did and each answer with the corresponding letter.

How to get started:

1. After you login you are on the website home page. In the upper right hand corner click the tab, "My Courses."
2. Click on the Curriculum Documents bar to open it. Scroll down to Student Documents. Once you and your teacher have decided on which assignments you are completing, you will use either the Preassigned Schedule or Master List Table of Contents to check off what you do each day.
3. Open the Master List of Assignments everyday and use its Table of Contents at the beginning of that document to click on any section and it will quickly jump down to your assignment.
4. You can do the assignments in any order, but the Preassigned Schedule changes the type of assignment every couple of days.
5. Print your Student Grade Sheets to log your quiz scores.