



Holistic Health Education

Teacher Manual

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Curriculum Information:

This is a unique health curriculum that encourages students to honestly assess how they treat their bodies and why daily life choices can drastically change their short and long-term health outcomes, both mentally and physically. This course uses national standards as a guideline for a holistic approach to providing a well-rounded health education, but also provides additional “outside the box” topics for students to explore. By introducing natural holistic health options and alternative practices students will sharpen their critical thinking skills with the goal of taking ownership of their health and ponder the possibilities of maintaining optimal health with food and plants that have been available for centuries!

This curriculum also emphasizes mental, emotional and sexual health, covering the hard delicate topics about the sad realities of exploitation and the detriments of various addictions. It provides tools for the students to bravely confront the stressors and dangers facing so many of this generation’s youth. The curriculum was written with a passion for accurate education for children and to guide parents, and kids, through the challenging realities of the current world we live in. A growing list of helpful resources are offered on the website as well.

This Health Education class is 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

I wrote all of the assignments that are in the answer key along with all of the social/emotional and sexual health classes. The supplemental assignments that round out the curriculum, addressing the other standards are outsourced from free websites, with the expectation of CPR and possibly a few other certifications you may choose.

Read and Research Assignments:

These include reading articles or researching a topic and answering questions. A simple spiral notebook is all that is needed to write out your assignments.

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

The Social/Emotional and Sex Ed Classes:

1. The HHE video classes are all written by me and hosted on the website in the learning management system. You and the student have them on their dashboard. There is a 5 question quiz after each video segment. Students are directed to write down their score after each quiz.

Alison Classes:

1. For the classes at **Alison.com** - after clicking on the class link, they can click the green “start learning” button. An ad may pop up, just close it.
2. It will then prompt the student to sign up for a free account. Once they have a login email and password, (write it down) they can click the start learning button again. If they have many ads popping up, it is likely because you do not have an ad blocker on your browser. I would recommend downloading one and ignore the prompt from Alison to turn it off.
3. If they logout or just close the window, there is a green button “continue learning”, that takes them right back to where they left off or they can go to their dashboard and the continue learning button is there too.
4. Once in a class, there is a menu on the left side they can open and it will show the parts of each module.
5. When they complete the quiz, the % earned will be at the bottom left side of the screen. Feel free to retake a test until they have a score they 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** - you will need to create a teacher account and then create student accounts. Write down the passwords somewhere.
2. To get started, create a login name and password, then “create class” with a name, like “Health Ed or Kate’s Health Ed”
3. Now select all the classes you want your student to take and click “save” at the bottom. A window will pop up and you can choose “create individual accounts.”
4. Create an account for them with a username, email and password.
5. You can create a different “class” with different classes assigned for different students or add all students to the one class.
6. The My Students tab shows each class assigned to each student.
7. To see grades for any student, click your class name and then each individual class assigned and the students listed will show their grades/progress.
8. If you still need help here are some videos that walk you through setting up your class. [Get Started with EVERFI - K12 Teachers](#)

Documentaries

These are a great option for some unique learning and perspective. Most of them would count for 2 days of assignments since they are typically 1.5 hours. I would recommend having them fill out the Reflection Form from the dashboard documents for each documentary they watch. There are no links to the documentaries as accessibility changes often. but most of them are free and can be found on Netflix or Tubi.

Schedule:

The beauty of homeschool is you get to decide how your schedule works and what makes sense for your student. Some parents are strict about meeting minimum hours per credit and some award a credit when a curriculum is complete regardless of how long it takes. Since this curriculum is unique in that you can pick and choose assignments, it makes sense to decide ahead of time how many assignments in total they have to do. You can figure out how many assignments you want them to do and divide that by weeks, or vice versa. Remember, a health education course is supposed to include physical activity as well, so 1 hour a week can count towards this class. If your student is not involved in any physical sports/activities, they can just do the physical fitness assignment.

The assignments have been broken into “about” 30-45 minutes a day. I wouldn’t get bogged down with figuring out exact hours. I would suggest that you and your student choose your preferred assignments that would be close to 75 days for .5 credit (or whatever is required in your state) and once complete, the course is done!

½ credit: 75 hrs in 15 weeks = 5 hrs a week, 60 days of assignments + 15 hrs PE
or 1 full credit with double these recommendations

The assignments are divided into the 6 standards. I have chosen assignments that I dubbed “required” for each standard and the rest are optional. The Preassigned Schedule that is provided includes all of the “required” assignments covering the basics of each academic standard. Those assignments ended up being 58 days, with the last 2 days to complete unfinished assignments or watch a documentary, if you’re being strict about days of work.

If you want to add or change some assignments to the Preassigned Schedule, I would print the Master List Table of Contents to then easily choose them or use it to create a completely customized curriculum. You can reference the Master List of Assignments as you choose assignments to see the details of each assignment. It is recommended that you at least print the Master List TOC or Preassigned Schedule and then students can refer to it as they choose which assignment they are going to do each day. There is no need to go in any order, but the Preassigned Schedule does mix up types of assignments every few days.

Most of the documentaries and some assignments will take over an hour to complete so they were assigned 2 days. As you are choosing assignments, please be aware that the *s notate how many days the assignment should “count for”, even if they complete it in 1 sitting, based on about 30 minutes of work for 1 day.

** = 2 day assignment, *** = 3 day assignment, **** = 4 day assignment

Printing:

Master List Table of Contents	4 pages
Grading Sheets	3 pages - could just print the 2 student ones
Preassigned Schedule	3 pages - Optional
Answer Key	39 pages - Optional

Some assignments have activities that would require being printed.

The Emergency Preparedness Form	2 pages
The Calorie Tracker	4 pages
Reflection Form - for every documentary watched	1 page
Goal Log is fillable digitally, but could be printed	4 pages
The Meal Planner is fillable digitally, but could be printed	4 pages

Materials Needed:

Internet access
Spiral notebook
Printer

If your student is doing these projects:

Gardening Project - soil, pots, seeds or mini plants
Food Dye Project - volunteers, blind folds, samples of dye and dye free foods
Meal Planning & Seed Oils - the ingredients for chosen recipes

Grading:

The Alison.com video classes include quizzes that are graded. After clicking on the class link, students can click the green “start learning” button. An ad may pop up, just close it. It will then prompt them to sign up for a free account. Once they have a log in email and password, they can click the start learning button again. If they logout or just close the window, there is a green button “continue learning”, that takes them right back to where they left off or they can go to the dashboard and the continue learning button is there too. When they complete the quiz, the % earned will be at the bottom left side of the screen. They can retake the quiz if they want to. You do not need to print a certificate. They have been instructed to write their score on their gradesheet, but you can go to their dashboard and see the completed course for their grades. You may need to click a course and then click “revisit course” for the grade to show.

The Holistic Health Classes have short quizzes after each lesson and you could utilize them for grading by logging their scores and the student has been instructed to keep track of them on their grade sheet. The other reading, research and project assignments will be left to your best judgement to award a grade for completion or accuracy, but an answer key is provided to assess student work. The answer key is numbered to match the numbered assignments.

The EVERFI video classes have a gradebook tab you can see their progress and grade.

*Note: there will be some students who quickly realize that they can skip reading a few of the articles because they don’t have questions assigned to them. The Reflection sections with bullets are meant to be pondered and answered mentally, but preferably discussed with an adult, as there is no required written answer. This curriculum is designed to encourage a lot of critical thinking by introducing various topics about health that aren't commonly taught and discussed. The student will of course learn more, if they do all the work and read all the articles, which are not lengthy. It will be up to you how closely you monitor the completion of each assignment.

The Respond sections should have answers written in a spiral notebook. The student is directed to number the assignment they are doing and write the corresponding letter to their answer.

(Parents, a great resource for keeping your kids safe is a facebook group, Parenting in a Tech World. I don’t want to share this on the website because a lot of guidance on how to keep tech locked down is shared in this group. Kids are smart enough without access to this group. 😊)

Parent Grading Sheet:

Students should fill in their grading sheet as they complete work. Use their sheet to then figure a grade for the class.

Sexual Health Classes have 5 question quizzes after each lesson.

$$1/5 = 20\%$$

$$2/5 = 40\%$$

$$3/5 = 60\%$$

$$4/5 = 80\%$$

$$5/5 = 100\%$$

Add up the total correct (points) they earned for all the quizzes. Divide that number by 95. Multiply by 100 = the percent grade.

Ex: 73 points divided by 95 is .7684, multiply by 100 = 76.84%, rounded up to a 77%

Alison.com and EVERFI classes. The Preassigned Schedule classes are listed, with space to add more if they did other classes. To figure out their average grade, you add up all the individual class grades (percent) and divide by how many classes they took.

Notebook Work: Reading, Researching and Project Assignments will be based on completion and accuracy. Use the Answer Key to check their notebook answers and give them a grade you think is appropriate.

Total Sexual/Mental Health Classes Grade: _____

Total Alison Videos Grade: _____

Total EVERFI Videos Grade: _____

Notebook Work Grade: _____

Add these 4 grades and divide by 4 for the final grade.

Ex: Sex Ed 89 + Alison 93 + EVERFI 82 + Notebook 72 divided by 4 = 84%

Holistic Health Education Final Grade: _____

Student Grade Sheets

The Sexual Health Classes have 5 question quizzes after each section. Write down how many questions you got correct after each quiz.

Female Puberty Class Quizzes

Anatomy	_____ correct
Physical and Emotional Changes	_____ correct
Menstrual Cycle	_____ correct
Period Products	_____ correct
Managing your Cycle	_____ correct
Mental Health and Online Safety	_____ correct
Taking Care of your Body	_____ correct

Male Puberty Class Quizzes

Anatomy	_____ correct
Physical and Emotional Changes	_____ correct
Erections and Ejaculation	_____ correct
Mental Health and Online Safety	_____ correct
Taking Care of your Body	_____ correct

Sex Education	_____ correct
STI's	_____ correct
Birth Control	_____ correct
Fetal Development	_____ correct
Healthy Communication	_____ correct
Personal Safety	_____ correct
Screen Safety	_____ correct

Total Correct _____

Alison.com and EVERFI Classes

Write down the percent you earned for each class. The blank lines are to write in the names of any classes not listed.

Human Health Nutrition Class Grade: _____

Stress Management: A Holistic Approach Grade: _____

Understanding Mental Wellness Grade: _____

Ignition: Digital Wellness and Safety Grade: _____

Drugs and Alcohol Awareness and Prevention Grade: _____

Opioid Crisis Grade: _____

Understanding Methamphetamine Addiction Grade: _____

Vaping: Know the truth Grade: _____

Prescription Drug Safety Training Grade: _____

Drugs and Alcohol - Awareness and Prevention Grade: _____

Healthy Literacy Curriculum Grade: _____

_____ Grade: _____

_____ Grade: _____

_____ Grade: _____

_____ Grade: _____

_____ Grade: _____

_____ Grade: _____

_____ Grade: _____