

## HEALTH & WELLNESS

**M**uch of the content in Cole School is successfully integrated into other parts of the curriculum throughout the year. The curriculum incorporates the core concepts of:

- **Health Literacy**

The capacity to obtain, understand and evaluate basic health information and services.

- **Health Self-Management**

The ability to integrate and apply essential knowledge and skills with respect to their own health-related decisions and behaviors.

- **Health Promotion and Advocacy**

The ability to recognize and demonstrate personal, social and civic responsibility.



**HARRY LEE COLE  
ELEMENTARY SCHOOL  
(Grades: K-2)**

**(978) 887-2856**

**BOXFORD  
MASSACHUSETTS**

# Health



**Cole School  
FAQs**

**FREQUENTLY  
ASKED  
QUESTIONS  
SERIES**

# Health & Wellness

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The Harry Lee Cole School in collaboration with the Tri-Town Elementary School Union has developed the following philosophy:

*Health Education is an important component of the Boxford Public Schools curriculum and is one of the seven core frameworks designated by the Massachusetts Department of Education. The Comprehensive Health curriculum for Cole School was updated through the curriculum process in 1996. It is our objective to present the health curriculum using age appropriate materials at each grade level and to promote the health and safety of all our students.*

## OVERVIEW OF THE COMPREHENSIVE HEALTH CURRICULUM

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There are six strands to the Health curriculum. They are: Self-Awareness, Safety, Disease Prevention and Control, Growth and Development, Wellness, and Violence Prevention.

### SELF-AWARENESS

The Self-Awareness strand makes use of the “Here’s Looking At You 2000” Program to provide age appropriate resources for emotional health discussions as well as age appropriate activities for substance abuse prevention and good decision-making.

### SAFETY

The Safety strand focuses on bus, bicycle, and traffic safety as well as fire safety, personal safety and First Aid. In addition to the teachers, other safety personnel from the community provide discussions and activities. The “Kids and Company” curriculum is used to teach these concepts. We use +ble "Netsmartz" program to educate our students on safe and appropriate use of the internet.

### DISEASE PREVENTION & WELLNESS

The Disease Prevention and Wellness strand emphasizes good personal health practices in nutrition, hygiene, dental health, and general health habits. Students also learn to identify parts of the body and functions. We have a district-wide wellness policy in place to guide our community towards healthy living.

### GROWTH & DEVELOPMENT

The Growth and Development strand introduces children to the five senses in addition to good health practices in daily habits, dental health, nutrition and healthy hygiene. The Great Body Shop is a resource used for this area. We invite visitors into the school, such as, a dental hygienist to promote dental health. Our school nurse also visits our classes with health-related information.

### VIOLENCE PREVENTION

The Violence Prevention strand provides resources from the SECOND STEP Program to assist in helping children respond appropriately to feelings of impulse control techniques.