



POLICY
SUBJECT:
APPROVAL DATE:
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PAGE:

IGAE
HEALTH EDUCATION
October 3, 1989
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1. GENERAL

The primary goal of the health education curriculum is to promote the acquisition of skills, knowledge, attitudes and behaviours that will enable students to make healthy lifestyle choices and practice behaviours that enhance health throughout their lifetime.

Program Objectives

The program objectives of the health education curriculum (K-S2) are designed to help students:

- (a) demonstrate safe and responsible behaviours to manage risks and prevent injuries;
- (b) develop self understanding, make health enhancing decisions, work cooperatively and fairly with others and build positive relationships;
- (c) develop problem-solving, decision making skills to prepare them to resist pressure to engage in risky behaviours;
- (d) develop health literacy skills: (ability to obtain, interpret and understand basic health information and services in order to utilize this information to enhance their health)

2. COMPONENTS OF HEALTH EDUCATION CURRICULUM

2.1 The Winnipeg School Division shall ensure that the Health Education outcomes included the Physical Education/Health Education curriculum as outlined by Manitoba Education and Youth form the basis of the health education program.

2.2 In the Winnipeg School Division the family life program shall be provided for students in every grade from grade 4 - S2 and the drug education shall be provided to students in every grade from Kindergarten - S2.

2.2.1. The primary objectives of the family life unit of the health education curriculum is to:

- (a) understand the importance of the role of the family as a social unit.
- (b) understand the importance of making responsible decisions concerning family membership and sexuality
- (c) promote healthy growth and development throughout life stages.

2.2.2 The primary objective of the drug education unit of the health education curriculum is to demonstrate knowledge, attitudes and skills that promote positive lifestyle behaviours and well-being concerning hazardous products, chemical substances and drugs.

2.3 The provision of the family life and drug education units of the health education portion of the Physical Education/Health Education curriculum in any school shall be dependent upon the following conditions:

- (a) teachers shall receive inservice training in family life and drug education;
- (b) parents/guardians shall be notified in writing annually that the family life and drug education unit will be offered during the course of the year;
- (c) the parents/guardians, following written notification to the school, of their intent, shall have the right to withdraw their child/children from instruction in the family life unit; and
- (d) written parental/guardian consent is not required prior to delivery of the family life or drug education program.

3. IMPLEMENTATION

The Chief Superintendent shall assign responsibility for the development of an implementation plan for the health education curriculum.

4. Information on the health education curriculum including the family life and drug education units shall be provided to parents/guardians upon request.



Rules and regulations on the implementation of the health education curriculum as determined by the Chief Superintendent.

1. Responsibility

- 1.1 The principal shall be responsible for ensuring that:
- (a) the outcomes of the health education curriculum are implemented;
 - (b) a plan for the implementation of the health education curriculum is developed;
 - (c) time is allocated to teaching the approved family life education curriculum.
- 1.2 The teacher shall be responsible for:
- (a) ensuring that teaching of the health education curriculum addresses the student learning outcomes for each General Learning Outcome in the health education curriculum;
 - (b) participating in appropriate professional development activities in the family life and drug education units.

2. Time Allotment

2.1 The recommended time allotment for Health Education/Physical Education in the Winnipeg School Division is as follows:

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|---|--|
| ! Grades K - 6 | 10% of the instructional time (180 minutes/cycle)
75% Physical Education = 135 minutes/6 day cycle
25% Health Education = 45 minutes/6 day cycle |
| ! Grades 7 - 8 | 10% of the instructional time (180 minutes/cycle)
75% Physical Education = 135 minutes/6 day cycle
25% Health Education = 45 minutes/6 day cycle |
| ! S1 & S2 2 credits
! each credit | 50% Physical Education
50% Health Education |

! (See also Policy ID, ID-R)

2.2 Any variance from the recommended time allotments must receive prior approval from the appropriate superintendent.

2.3 Any of the health themes may be integrated with other subject areas as appropriate.