

NYS Health Education Standards

- Personal Health and Fitness
- Safe and Healthy Environments
- Personal and Community Resources

NYS Guidance Document Skills

- Self-Management
- Relationship Management
- Decision Making
- Communication
- Stress Management
- Planning and Goal Setting
- Advocacy

What families can do to help:

- Lead by example: role model and encourage healthy behaviors and choices.
- Encourage healthy eating habits.
- Eat meals together as a family.
- Engage in an active lifestyle.
- Be respectful of ALL people.
- Monitor children's on-line presence and limit screen time to no more than 2 hours per day.



- Have a family night with no technology.
- Be present and take interest— Spend family time together.
- Take walks with children, read to them, play games and ask them about their day.
- Keep open lines of communication about risky behaviors like drug use and sexual activity.
- Discuss the risks associated with social media use.
- Help children learn to peacefully solve problems for themselves.
- Healthy Body + Healthy Mind = Happy Life.
- Advocate for health, music, art, physical education, career and technical subjects, and recess during the school day.

If you need further information, contact:

NYSUT Subject Area Committee for Health Education, Physical Education, and Family & Consumer Sciences NYSUT Research and Educational Services 800 Troy-Schenectady Road Latham, New York 12110-2455 518-213-6000, ext. 6642



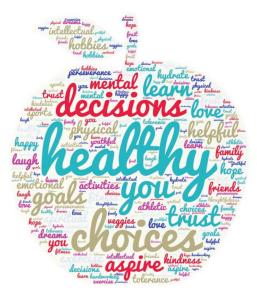


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A Family Guide to New York State Learning Standards in

Healthy Choices Now Healthy Future Later

Health education plays a vital role in the development of every child. In New York State, the learning standards and guidance document provides our children with the necessary tools, skills and knowledge to help them become happy, healthy, successful adults and to attain life-long wellness.

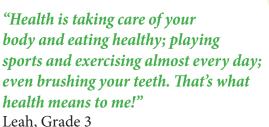


"Good health and good sense are two of life's blessings." Publilius Syrus c. 85–43 BC "Drink lots of water." Addison, Kindergarten

"Health means to be" healthy and strong." Caleb, Grade 3

Being healthy means

Nome Addison



"Being healthy means a lot to me because then I won't be sick. Also because then I can be a strong athlete." Gaby, Grade 5

"Doing good in school, playing outside to get healthy and not doing drugs. To be healthy you need courage." Keirsten, Grade 7

"Don't eat candy every day." Logan, Kindergarten

"To always give your best effort, no matter what it is, and always stay active." Avery, Grade 8

"Practicing abstinence, eating right, not doing drugs and to believe in yourself." Braxton, Grade 7



"Eat lots of vegetables." Drea, Kindergarten

"Being active with your body, keeping your brain challenged and spending time with friends and family." Ben, Grade 7

"Making decisions that are healthy and make a good outcome for your future." Julia, Grade 10

"Someone's well-being. Good or bad. It could be everything such as physical, mental and emotional states." Mia, Grade 10

"Health means to me learning more about" ourselves and how we work. How to live healthy." Cameron, Grade 11

"Being healthy means that you will grow up strong, have a good life and a happy, healthy family." Janessa, Grade 5

"To be healthy, you need to exercise your body and mind, make good choices and be happy with yourself." Elizabeth, Grade 7

> "Being healthy to me means being clean and eating healthy." Xavier, Grade 5



F)

ard work

Exercise

Happy

hUdrated

Poem by Izzy Muller,

Grade 7