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Health Maintenance and Enhancement: Oral Health Critical Competencies

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Helena Public Schools Health Enhancement K-12 Critical Competencies

Final Draft

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The HPS Critical Competencies represent content that students are expected to know at each grade level. The Critical Competencies are not the entire curriculum, but learner outcomes should be taught in sequential, systematic approach to promote an appropriate foundation to health & wellness.

The Technology profiles suggested for each critical competency are suggested applications only. The district's philosophy is to apply the state technology standards across the curriculum with teachers utilizing these connections in these curricular areas and others at their discretion.

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The Whole Child

Helena Public Schools' Board of Trustees has adopted the Association of Supervision & Curriculum Development (ASCD) position on "THE WHOLE CHILD" as their guiding principles. In addition to Montana's State Standards & Benchmarks, the K-12 Health Curriculum reflects not only a comprehensive approach but also a framework that personalizes education, decision-making, a commitment to keeping the "whole child" at the center of education.

According to ASCD, a "Whole Child" is...

- intellectually active
- physically, verbally, socially, & academically competent
- empathetic, kind, caring, & fair
- creative & curious
- disciplined, self-directed, & goal oriented
- free
- a critical thinker
- confident
- cared for & valued

ASCD's has called upon educators, communities, & policymakers to work together in fulfilling "The New Compact."

- Each student enters school healthy & learns about practices a healthy lifestyle.
- Each student learns in an intellectually challenging environment that is physically & emotionally safe for students & adults.
- Each student is actively engaged in learning & is connected to the school & broader community.
- Each student has access to personalized learning & to qualified, caring adults.
- Each graduate is prepared for success in college or further study & for employment in a global environment.

Helena Public Schools offers a variety of screenings to support the focus on the academic, health, & wellness of "The Whole Child."

- Height Screenings (Grades K, 1, 2, 3, 4, 5)
- Weight Screenings (Grades K, 1, 2, 3, 4, 5)
- Hearing Screenings (Grades K, 1, 9, new students, student referrals)
- Visual Screenings (Grades K, 1, 3, 5, 8, new students, student referrals)
- Fitness Screening (Grades 4, 7, 9, 10)
- Dental Screenings (Grades 3, 4)
- Scoliosis Screenings (Grades 5, 6, 7, 8)
- Teen Screen (optional Grades 9 – 12)
- Career Screenings
- Insight Screenings (Substance Use)
- Youth Risk Behavior Survey (Grades 7-12)

Montana Standards for Health Enhancement

Health Enhancement combines the disciplines of “health” & “physical education” into a single curriculum with its focus on health-related outcomes. Concepts learned in the classroom are reinforced in the gymnasium & vice versa. Health is essential to a quality of life & leads directly to improved learning. Health enhancement develops the skills & behaviors necessary for students to become healthy, productive citizens who take personal responsibility for their own well-being as well as a social responsibility for the health of their community.

Early initiation of healthy behaviors is a predictor of enhanced school performance as well as less risk for morbidity & premature mortality in adulthood. Health enhancement is a critical component of the educational process.

Montana Standards for Health Enhancement Kindergarten – Grade 12

Content Standard 1 Students have a basic knowledge & understanding of concepts that promote comprehensive health.

Content Standard 2 Students demonstrate competency in a variety of movement forms.

Content Standard 3 Students apply movement concepts & principles while learning & developing motor skills.

Content Standard 4 Students achieve & maintain a challenging level of health-related physical fitness.

Content Standard 5 Students demonstrate the ability to use critical thinking & decision making to enhance health.

Content Standard 6 Students demonstrate interpersonal communication skills to enhance health.

Content Standard 7 Students demonstrate health-enhancing behaviors.

Content Standards indicate what students should know, understand, & be able to do in a specific content area.

Benchmarks define expectations for students' knowledge, skills, & abilities along a developmental continuum focused at three points in each content area.

- The end of grade 4
- The end of grade 8
- Upon Graduation