



Reed Union School District
Nurture - Teach - Inspire

RUSD Health Framework
CA Health Framework + Standards

Grade	Health Topics	Where are standards being covered? (Classroom, PE, Science, Community Time, Advisory, etc ...)	Curriculum / Resources Used
Reed Elementary School			
K	Nutrition & Physical Activity	Snack/Lunch Time PE GoNoodle and Movement Breaks Spanish Curriculum	Scholastic - Let's Find Out Magazine Scratch Garden
	Growth & Development	Mindfulness Mystery Science Library Identity Lessons Mat Man Five Senses (Fair and Classroom Work) Fine Motor Skills and Development	Story books Handwriting Without Tears Mystery Science Scholastic - Let's Find Out Magazine
	Injury Prevention & Safety	Kindergarten Safety Day Fire Station Field Trip Community Time Reed School Values Anti Bullying lessons PE Lessons	Second Steps Anti Bullying Scholastic - Let's Find Out Magazine PE Mini Lessons on Safety & Injury Prevention
	Alcohol, Tobacco, & Other Drugs	Safety Day Fire Station Field Trip School Nurse & Counselor Lessons / Workshops	
	Mental, Emotional, and Social Health	Community Time Class Meetings Story read alouds and discussions in the classroom and in the library	Kimochis Keys to Communication, Read Alouds, variety of SEL lessons, Names and Faces schoolwide assembly, Library Specialist time Scholastic - Let's Find Out Magazine



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	Personal & Community Health	Mystery Science Let's Find Out Hand Hygiene and Tissue Usage	Mystery Science Scholastic - Let's Find Out Magazine
1	Growth & Development	Mystery Science	Mystery Science
	Injury Prevention & Safety	Safety Drills (Fire, earthquake, lockdown) Scholastic News lessons PE lessons IA recess safety lessons Marin Vector Control (insect life cycle, etc) Agricultural Institute of Marin	Scholastic News Second Step Lessons (Bullying prevention)
	Personal & Community	Kimochis Community Time Dental Health	Kimochis Scholastic News
2	Nutrition & Physical Activity	PE Marin Safe Routes to School (2nd grade pedestrian safety)	Brain Pop Jr. Videos Safe Routes to Schools
	Alcohol, Tobacco, & Other Drugs	School Nurse & Counselor Lessons / Workshops / School Assembly	Brain Pop Jr. Videos
	Mental, Emotional, and Social Health	Community Time Class meetings Character Education	Brain Pop Jr. Videos Kimochis Keys to Communication, Read Alouds, Variety of SEL lessons
Bel Aire Elementary School			
3	Growth & Development	Science Time	Mystery Science
	Mental, Emotional, and Social Health	Physical Education SEL Curriculum –Classroom Morning Meeting–Classroom Responsive Classroom–All School	Character Strong - SEL Curriculum Personality Kahoot Respiration/Mindfulness Kahoot



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	Personal & Community Health	Handwashing PE: Nutrition, Exercise	Muscles Kahoot Exercise Kahoot Nutrition Kahoot MyPlate ☐ Candy Trick or Treat?
4	Nutrition & Physical Activity	PE: Exercise & Nutrition	Muscles Kahoot Exercise Kahoot Nutrition Kahoot MyPlate
	Injury Prevention & Safety	PE: Bike Rodeo 1.1S PE: Lifting / Back Health 1.13.S Safety Drills (Fire, earthquake, lockdown)	Traffic Safety Kahoot Bike Safety Quiz Safe Routes to Schools Video: Safe Lifting Lift with Legs Kahoot
	Alcohol, Tobacco, & Other Drugs	School Nurse & Counselor Lessons / Workshops / School Assembly PE	Drugs PE Kahoot
5	Nutrition & Physical Activity	PE: Benefits & Nutrition	4.1.N ☐ Candy Trick or Treat? Muscles Kahoot Exercise Kahoot Nutrition Kahoot MyPlate
	Growth & Development	Puberty Talks	P.T. Slideshow & Student Packet
	Sexual Health	Puberty Talks	P.T. Slideshow & Student Packet
	Personal & Community Health	PE Benefits of Eating Well, Second Step Anti-Bully	2nd Step Respiration/Mindfulness Kahoot



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6	Injury Prevention & Safety	PE, Special Presentations, Advisory	Safe Routes to School Bike Safety Common Sense Media
	Alcohol, Tobacco, & Other Drugs	Advisory (Dr. Kover)	Adapted Being Adept lesson
	Mental, Emotional, and Social Health	PE, Advisory	Advisory Programming
7 & 8	Nutrition & Physical Activity	PE, Science	Macromolecules Clubs (voluntary at lunch): Skillz, Garden, Soccer
	Growth & Development	Science	Puberty Review (Science 7)
	Sexual Health	PE, Science	Reproductive System Anatomy and Menstrual Health (Science 7) Superstar Inclusive Health Education for MS, Curricul... (PE 8)
	Injury Prevention & Safety	PE, Special Presentation, Advisory, Science	Hands-Only CPR (7th grade science) Suicide Prevention and Awareness (during PE; Kover) Common Sense Media 7th Grade Health & Wellness Week
	Alcohol, Tobacco, & Other Drugs	PE, Science Nurse & Counselor Lessons / Presentations	Nicotine and Vaping Awareness (Science 7/Library) RHS TUPE facilitates Stanford REACH Lab curricula: evidence-based, and aligned with National and CA Health Education, NGSS, and Common Core Standards (PE) You and Me, Together Vape-Free and Smart Talk: Cannabis 7th Grade Health & Wellness Week
	Mental, Emotional, and Social Health	PE, Advisory, Special Presentations	Challenge Day Advisory Programming
	Personal & Community Health	PE, Advisory	Human Impact Project (Science 6)