

Linking Health & Learning

The newsletter for Vermont's Health and Physical Educators and supporters

February 2022

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How to Access this Newsletter:

- ✓ Request subscription by emailing susan.yesalonia@vermont.gov (your name will be added to a Listserv)
- ✓ The [AOE Weekly Field Memo](#)
- ✓ The AOE Website: [Health Education](#) [Physical Education](#)



Looking Forward

With great hope, 2022 will mark the end of the pandemic and the opportunity for teachers and students to genuinely focus on engaging in the education process. Taking what we have learned about student engagement, social-emotional learning, equity, diversity, and inclusion over the last two years, 2022 will be the time to focus on fostering student ownership of the essential learning they need to develop and show proficiency to meet health and physical education standards. Won't it be nice to refocus your work on what you do best, teach, without the distractions and barriers you have navigated? The anticipation of using the phrase 'post-pandemic' is exciting to all – until this becomes our reality, hang tough and continue to do the best you can.

The Center of Disease Control (CDC): Promoting Health Careers through Health Education

I have been doing some research regarding interdisciplinary teaching and comprehensive health education and was surprised to learn what the CDC has to offer health educators. Health educators often use some of the well-known [CDC Health and Academic](#) tools, like the results of the Youth Risk Behavior Survey and Health is Academic Fact sheets, the Whole School, Whole Community, Whole Child (WSCC) Model, and the [Body and Mind \(BAM\)](#) curriculum for grades 4 – 8 to inform their teaching practice. I was pleasantly surprised to learn about a new [CDC STEM program](#) focused on teaching students about careers in public health.

Through the CDC STEM program, “the CDC aims to foster educational excellence, establish a pathway to basic STEM literacy for all students, and inspire the next generation of STEM learners to pursue public health careers.” Public health is the science of helping people, and, according to the CDC, “public health examples in daily life can be used to teach students about applied STEM concepts. It improves their understanding about how things like disease transmission, individual behavior, and the social influences on health are all connected. It also teaches students essential skills such as problem-solving, critical thinking, innovation, collaboration, and communication.”

The CDC STEM program provides [teacher resources](#) that can support efforts to teach about public health (e.g., lessons, modules, trainings, and events to enhance K-12 classroom instructions). The program also includes [student resources](#) (e.g., comic

book series, apps, science exploration tools) that further support K-12 instruction. Teaching public health in grades K–12 can support lifelong health literacy in students and help them build essential skills for the future.

[16 V.S.A § 131](#), the Comprehensive Health Education Law, includes the study of consumer health and incorporating education about health careers. Students need to understand what careers are available in the field of health (e.g., nursing, emergency services, dental health, nutrition services, rehabilitation therapy) and pathways to attain them. With shortages of health care workers and health educators, health career exploration can easily be incorporated into health education and may trigger students' interests.

According to the [Vermont Area Health Education Centers Network \(AHCE\)](#), “health care is an essential part of human life. It is a career field where you can be certain you will make a difference to other humans.” Some other key reasons to consider health care as a career include being respected, the ability to work anywhere, livable wages, being needed and appreciated, and opportunities for professional growth. AHCE hosts the [Vermont Health Care Careers website](#), which is an excellent portal for educators and students to learn about health care careers, salaries in Vermont, colleges in New England, AHEC career exploration programs, and other resources.

Currently, the Vermont Department of Health is promoting careers in dentistry. Dentistry (including dental assisting and dental hygiene) can be a great choice for students who are interested in health and science and looking for a career path that has a great growth forecast. With the growing recognition that oral health is an important component of overall health, dental health care professionals play an important role in keeping people healthy. The multiple career options in dentistry with varying educational requirements offer something for everyone. Whether students are interested in becoming dental assistants, dental hygienists, or dentists, this [dental health workforce brochure](#) can serve as a starting point to explore these well-paying, portable positions. Please help us grow the dental workforce in Vermont by making students and adult learners in your community aware of these great career options. If you have any questions or would like copies of the brochure, please contact Jenny Pitz, the Vermont State Dental Society Recruitment Manager, at jenny.pitz@vsds.org.

SHAPE Vermont News

Shape Vermont has formed a new partnership with the [National Academy of Health and Physical Literacy \(NAHPL\)](#), that formed in the spring of 2021. The NAHPL is a diverse, inclusive, member-driven organization advancing the dimensions of health and physical literacy through professional development, advocacy, mentoring, and applied research in the areas of health, physical education, dance, and sport. The Academy seeks to grow and advance professional leaders who will interact and network on regional, national, and global levels to expand health and physical literacy opportunities for all children and adults across the lifespan. Vermont is one

of 14 states that comprise the Eastern Seaboard Division of NAHPL. Visit the NAHPL website to learn more about NAHPL's program, resources, and membership options.

Vermont Professional Learning Events

- SHAPE Vermont – [March 23 and 24, 2022 Conference](#)
- Vermont Higher Education Collaborative (VTHEC) Health Workshops
 - Elementary Health Education Series: [Teaching Substance Misuse Prevention](#)**
This webinar will introduce the basic concepts, skills, and methods to teach children the knowledge and skills that prevent negative outcomes of substance misuse, including uses that put them at personal risk and may lead to development of substance misuse disorder. March 8, 2022; 3:30 – 5:00 p.m.
 - Sexual Health Education: [Teaching Essential Topics in Sexual Health Education \(3\): Teaching Barrier Methods, Contraception, and Sexually Transmitted Infections \(STIs\)](#)** March 17, 2022, 8:30 – 2:30. This is the final workshop in this series for the school year.
- COVID Support Vermont: [Mental Health First Aid Training](#). February 24 and 25, 2022, 3:00 – 6:00 p.m. (Free)
- Center for Health and Learning: [Spring 2022 U Matter for Schools Virtual Youth Suicide Prevention Training](#)
- [Prevent Child Abuse Vermont](#) – Professional learning events.

New or Updated SHAPE America Resources

[Health Education Assessment Tool \(HEAT\)](#)

This tool is for SHAPE America members. HEAT is an assessment bank of over 800 reviewed test items to use in your classroom immediately! Assessments cover health topics and health skills for elementary, middle, and high school levels as well as content and skill acquisition rubrics, scoring criteria, Lexile and grade range, and teacher information.

[101 Tips for Teaching Nutrition in PE](#)

SHAPE America and Fuel Up to Play 60 have teamed up to provide updated tips to help physical education teachers integrate nutrition concepts into their teaching routines.

[Backward Design SEL/HPE Units](#)

Six SEL/HPE unit plans use backward design to show how SHAPE America Grade-Level Outcomes and/or National Health Education performance indicators align with appropriate social and emotional learning (SEL) competencies/sub-competencies, assessment, and instruction.

[Students with Chronic Health Conditions Posters](#)

SHAPE America and the National Association of School Nurses developed this poster series of four of the most common chronic conditions in school-age children

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— anaphylaxis, asthma, diabetes, and seizures — to show physical education teachers how to recognize and respond to a health emergency.

Open Access SHAPE America Articles

- [Engaging Students in Health Literacy Through Fiction Novels](#)
- [Enhancing Health Education: There's an Instructional Strategy for That](#)
- [Everyday Happiness: A Mental Health Lesson to Help Students Focus on the Positive During the Pandemic](#)
- [Helping Students Improve Their Health Literacy](#)
- [Mental Health Education](#)
- [Whole School Approach Connecting Schools to Community Resources to Enhance School Health](#)

National Professional Learning Opportunities

- [ASCD Webinars – Free Professional Learning](#)
- OPEN's Free - [Teacher Learning School](#) See the new [Educational Gymnastics resources](#) for K-5 physical educators.
- PE BLOG – [10 Professional Development Websites](#) (Free)
- [2022 SHAPE America Convention \(New Orleans – April 26-30\)](#)

Resources for Health and Physical Education

- [FitnessGram Learning at Home Modules](#)
- New! [Digital 2021 Health Education Curriculum Analysis Tool \(HECAT\)](#)
- [PBS Learning Media](#), (filtered by Health and P.E.)
- [RMC Health Education Resources and Tools](#)
- [SHAPE America](#)
- [SHAPE Vermont](#)
- [Thriving Schools](#)

We're on the Web!

[Health Education](#)

[Physical Education](#)