

Healthy and Wise

Online Coordinated School Health Instruction and Strategies

Once a school or district has purchased an online subscription, their staff can register and access the Healthy and Wise student issues, instructional resources, and online training either through the online subscribers link at www.caprockpress.com or by going to www.caprockpress.com/CMS.

Instructions:

On the left, click on the link that says “create new account”. Complete all requested fields and submit. Your account will be approved within 24-48 hours and you will be able to use your username and password to access the online issues and resources. Once you are logged in, click on the top button that says **Downloads** and then click on the month or resource that you want to access.

Acceptable Uses:

- Teachers and students can view the issues online.
- Teachers may print the issues and duplicate for classroom use.
- A teacher may save the issues to their hard drive or to a CD for future use.
- Teachers may save and email the issues/pages to parents.

Organizing Health Instruction in the Computer Lab

School districts are seeking more instructional digital technology as opposed to traditional textbooks or workbooks. The Healthy and Wise online curriculum can be taught during a computer class. All necessary instructional materials can be accessed, viewed, saved, or printed via a computer/printer. Many of the Healthy and Wise activities can be completed using various technology applications or skills. A learning center that provides hands-on activities should also be set-up in the lab. Some activities will allow students to work in small groups at their computers while others may need to be done at a table with a technology application requirement as part of the activity. The Healthy and Wise online curriculum offers a good assortment of activities that can offer a hands-on, technology oriented approach to teaching and learning health concepts and skills.

Healthy and Wise/Technology Strategies:

Simply accessing, saving, printing, or emailing the Healthy and Wise issues requires teachers and students to use technology skills, but there are many strategies that can be used in the computer lab setting that can integrate even more technology applications into the Healthy and Wise curriculum.

- Allow students to view and read the issues online.
- Have students write their responses to the discussion questions in a Word document or other word processing software.
- When appropriate, visit the suggested web sites recommended in the Healthy and Wise curriculum.
- Allow students to research health topics online while appropriately supervised.
- Students can organize data gathered during Healthy and Wise activities in an Excel spreadsheet or in a table format in Word.
- Use appropriate software to create graphs for data obtained via Healthy and Wise class surveys.
- Use PowerPoint or another presentation software to create presentation materials for corresponding Healthy and Wise activities.
- Healthy and Wise activities often require students to create health awareness materials. Have students use an appropriate publishing or graphic design software to create these materials.
- Allow students to use clip art and graphics to create artistic representations for appropriate Healthy and Wise activities.

Specific Technology Objectives:

- Use technology terminology appropriate to the task.
- Start and exit programs as well as create, name, and save files.
- Use a variety of input devices.
- Use proper keyboarding techniques.
- Use language skills including capitalization, punctuation, spelling, word division, and use of numbers and symbols.
- Use software with audio and graphics to enhance learning.
- Use appropriate software, including the use of word processing and multimedia, to express ideas and solve problems.
- Use font attributes, color, white space, and graphics to ensure that products are appropriate for the defined audience and the communication media.
- Publish information in a variety of media including monitor display and stored files.
- Evaluate the product for relevance to the assignment or task.
- Use software features, such as slide show previews, to evaluate final products.

Assessment

Use the Health/Technology Rubric to evaluate each student's work and performance. Students can also record their assignments on their portfolio form and save in their electronic folders.

Healthy and Wise
Health/Technology Applications
Evaluation Rubric

Read each box below and determine if the student accomplished the outcomes listed. Make your decision based on a student's overall performance. Points, stickers, or other forms of praise may be used when assessing or grading student work. Be creative, but give feedback as often as possible.

“Excellent” or 4 points	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstrates a full understanding of the health concept presented. <input type="checkbox"/> Demonstrates exceptional technology application skills consistent with his/her potential. <input type="checkbox"/> Project or response is well prepared and organized. <input type="checkbox"/> There are no significant errors. <input type="checkbox"/> Student produced a great product.
“Good” or 3 points	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstrates a good understanding of the health concept presented. <input type="checkbox"/> Demonstrates good technology application skills consistent with his/her potential. <input type="checkbox"/> Project or response is adequately prepared and organized. <input type="checkbox"/> There are few if any errors. <input type="checkbox"/> Student did a good job.
“Average” or 2 points	<ul style="list-style-type: none"> <input type="checkbox"/> Demonstrates some understanding of the health concept presented. <input type="checkbox"/> Demonstrates an average level of technology application skills consistent with his/her potential. <input type="checkbox"/> Project or response shows some evidence of preparation and organization. <input type="checkbox"/> There are several errors. <input type="checkbox"/> Student met the minimum standards.
“Poor” or 1 point	<ul style="list-style-type: none"> <input type="checkbox"/> Does not understand the health concept presented. <input type="checkbox"/> Does not demonstrate technology application skills consistent with his/her potential. <input type="checkbox"/> Project or response shows no evidence of preparation and organization. <input type="checkbox"/> There are numerous errors. <input type="checkbox"/> Did not meet the minimum standards.