



Middle School Coordinated Health (6-8)

School Nurse Participation Plan

The school nurse at each campus is encouraged to visit the classrooms using the Healthy and Wise Middle School Coordinated Health Program to provide additional information on some of the units featured topics. *Coordinated resources are included for districts that are using the SPARK Middle School PE Program.

Suggested Middle School Units and Lessons for School Nurse Participation Include:

Unit 1 (Personal Fitness)

- Eating for Sports and Physical Activity

Proper hydration during vigorous physical activity is critical, especially during the months of August and September when temperatures can be very hot. Visit with PE teachers, coaches, and students on the symptoms and dangers of dehydration.

Unit 2 (Nutrition and Health)

- Balance, Variety, and Moderation

This is a good lesson to use with students that are struggling with their weight or who have eating behaviors that are out of control. Take time to visit with “at risk” students one on one and help them understand these concepts by using real world and possibly visual examples. Utilize the SPARK suggestions for eating more healthy foods (Extra/Extra pg. 29).

Unit 3 (Body Systems)

- The Importance of Diet and Exercise
- Preventive Medicine

Support this Healthy and Wise lesson by visiting the health and PE classrooms and offering more facts and statistics on the increase in childhood and adolescent obesity. Reinforce the health conditions associated with being overweight and obese, and guide students’ thinking towards improving their physical activity levels and eating behaviors. During parent conferences, utilize the SPARK “13 Ways Parents Can Help Children Be More Physically Active”

resource (Extra/Extra pg. 30). Eating disorders are addressed during this Healthy and Wise unit. Visit with your campus staff to identify any students that might be exhibiting signs of an eating disorder. Counsel with students individually and refer students to appropriate health professionals.

Help support the lesson on preventive medicine by visiting with the classes and discussing the concept of “yearly physicals.” Talk about the many lab tests that can identify early signs of illness and how many of these conditions can be treated before they develop into serious diseases. Reinforce the preventive measures students can take such as getting regular exercise and eating a healthy diet most of the time.

Unit 4 (Growth and Development)

- Physical Changes during Growth and Development
- Growing Up - Emotional and Social Changes during Puberty
- Nutrition and Exercise during Adolescence

School nurses have many opportunities to participate in this Healthy and Wise unit. Give teachers additional instructional ideas and offer to actually teach or reinforce one of the lessons. Plan to visit with girls and boys separately to discuss the physical changes associated with puberty. Emphasize the importance of physical activity (exercise) and good nutrition during this growth period. Reinforce the opportunities available during school (SPARK PE Activities/Sports) and after school programs (school sports).

Unit 5 – (Avoidance of High Risk Behaviors)

- Tobacco and Your Health
- Alcohol and Drug Prevention
- Supplements and Scams
- You Can Make Healthy Choices – Abstinence Approach
- Teenage Pregnancy
- Choosing Abstinence
- Abuse, Neglect, and Domestic Violence
- Relationships

Support as many of this unit’s lessons as possible. Help identify students that might fall in a high-risk category for any of the behaviors addressed in the Healthy and Wise lessons. Visit the classes this month to support the Healthy and Wise lesson that presents the facts and health dangers associated with anabolic steroids. Help support this lesson by giving real accounts of how steroids can affect an athlete’s health. Discuss the legal aspects associated with steroid use. Help reinforce natural ways to increase muscle and strength by using Healthy and Wise strength training exercises in the Strength, Conditioning, and Wellness program. This Healthy and Wise unit will give the school nurse numerous opportunities to address specific health concerns that some students might be experiencing. Make sure students know the school, district, or community resources available to them if they are experiencing any form of

neglect or abuse. Include the SPARK “Vision for Healthy Schools” (Building Physical Education Foundation, pgs. 2-3) to help support school policies for some of the high risk behaviors taught during this Healthy and Wise unit.

Unit 6 – (Using Health Information and the Influence of Media and Technology)

- Accessing, Analyzing, and Using Health Information

Visit the classes during this lesson, if possible, to discuss the importance of analyzing health information before acting on it. Give real world examples to support this concept. Help students identify the many ways they will access and use health information. Talk about health insurance, what it is and how it works.

Unit 7 – (Environmental and Social Factors Affecting Health)

- The Environment and Health
- Environmental Factors Related to Exercise

This would be a good time to discuss with students the importance of wearing sunscreen when planning to be out in the sun. Use SPARK “Weather Extremes and Sun Safety Tips” (Building Physical Education Foundation, pgs. 32-33) to offer additional suggestions and tips to staff and students. Take this opportunity to promote the social aspects related to physical activity and exercise. Encourage students to workout together and to plan physical activities rather than dining out as social events.

Unit 8 – (Safety)

- Preventing Accidents
- A Safe and Healthy School Environment

Make sure all students and staff know what to do if an emergency occurs during school hours. Visit with students during this Healthy and Wise unit about the steps taken at your campus to ensure the safety and health of students and staff. Give specific examples and provide students opportunities to practice safety drills (fire drills, code blue drills, etc.).

Unit 9 – Social and Mental Health

- The Benefits of Healthy Lifestyle Choices

Promote the importance of healthy lifestyle choices as you visit with the classes or with students one on one. Encourage students who are struggling with their health behaviors to seek more opportunities to include physical activity and good nutrition into their daily lives. Once again, emphasize the SPARK “Vision for Healthy Schools” (Building Physical Education Foundation, pgs. 2-3) as you try to promote and support the physical, emotional, and social benefits of healthy lifestyle choices.