

## **KPBSD Health, 2014**

### **Philosophy**

The quality of our children's future depends on their ability to make responsible decisions about their health. In order to do this, they must have accurate information, access to resources and services, and the skills necessary to carry out their choices. The ultimate goal is that our children will learn to value their health, and will readily use the information and skills to be healthy contributing members of society.

This K-12 health curriculum is comprehensive and sequential. The intended outcome of this curriculum is *Healthy Behaviors and Responsible Decision Making*, based on six interrelated and equally important aspects of health: Mental and Emotional; Family/Social/Interpersonal Health; Injury/Disease Prevention (Substance Use/Safety); Community/Consumer/Environmental Health; Nutrition/Fitness; and Healthy Growth and Development/Hygiene.