

HEALTH EDUCATION

K-12

**DIOCESE OF SALT LAKE CITY
CATHOLIC SCHOOLS OFFICE
27 C STREET
SALT LAKE CITY, UTAH 84103
May 2005**

“More precious than gold is health and well-being

contentment of spirit than coral.

No treasure greater than a healthy body; no

Happiness, than a joyful heart.”

Sirach 30:14-16

In recognizing the wisdom and power of God in His creation and ongoing preservation of the human body, the student in the health program becomes aware of the obligation to care for his/her own physical health/ as well as others' health. Emphasis is on developing a healthy self-image and lifestyle through the awareness and understanding of curriculum goals.

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Heath Education Committee

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HIV/AIDS Education	6, 7

Health Education Curriculum Committee

K-12

Sister Catherine Kamphaus, Catholic Schools Office, Chair

K-8

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9-12

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INTRODUCTION

The health education program provides students the opportunity to acquire knowledge, skills, and the development of positive attitudes to use throughout the course of their lives. The development of a healthy body and a healthy mind is extremely important in helping students live active, successful lives.

Throughout the health education program, students will learn to appreciate God's gift of life and the consequent obligations to preserve and respect it.

ACKNOWLEDGMENTS

- ❖ Curriculum Guide for Elementary Schools
Catholic Schools Office, Diocese of Salt Lake City, 2000
- ❖ Teachers and Administrators in the Catholic Schools of Utah
- ❖ Responsible Healthy Lifestyles.
Utah State Core Curriculum,
Salt Lake City, Utah
Levels K-6, 1997
- ❖ Secondary Health Education
Utah State Core Curriculum,
Salt Lake City, Utah, Level 6-12
- ❖ AIDS: A Catholic Approach to AHIV.
NCEA – Mandated for use in Diocese of Salt Lake City in 1989
Levels K-12, 1992