

Talking with parents and students about Colorado's new comprehensive health and physical education standards

These talking points can help educators introduce Colorado's new comprehensive health and physical education standards to parents and students. Consider customizing these to reflect your community. Some ideas:

- Highlight that training opportunities and instructional resources are available for Colorado educators to teach comprehensive health education and physical education.
- Cite health data from your community such as rates of heart disease or teen drug use.
- Reference your school's specific health and wellness efforts such as coordinated school health, positive behavior interventions and supports, and healthy schools initiatives.

Parents

Colorado has new academic standards for students, including health and physical education.

- For the first time in 15 years, Colorado recently updated academic standards to support the skills all students must master and apply to their lives to be successful in school and later in the workforce.
- The new standards are about learning college, career and life skills. They include updated physical education standards and, for the first time, comprehensive health standards.

Healthy, active students achieve more in school and in life.

- Research shows that healthy, active students concentrate better, make better decisions about their behavior and feel better about themselves.

Comprehensive health and physical education standards reinforce other subjects.

Examples

- Health education enhances:
 - Reading comprehension and research skills when students analyze health information for validity
 - Science skills when students learn how the body's immune system fights disease



- Physical education enhances:
 - Reading skills when students visually track objects through activities like juggling, catching or striking moving objects
 - Math skills when students dribble balls in specific patterns that represent simple fractions

Today’s health and physical education lessons aren’t what many of us experienced when we were in school.

- Health education teaches more than good nutrition, and it is relevant to critical aspects of student life. Health education today includes making good choices about behaviors and relationships, preventing injury and disease, managing stress, and resolving conflict.
- Physical education has evolved from just team sports to activities all students can enjoy throughout their lives such as strength training, kickboxing, yoga and hip-hop to make their hearts and minds stronger.

Schools, families and communities can work together to help students learn to make healthy choices for their minds and bodies.

- For the first time in history, U.S. children may have a lower life expectancy than their parents due to increased obesity and related conditions such as diabetes, high blood pressure and heart disease.
- The earlier children form healthy habits, the more they can achieve. Because students spend almost half of their waking hours in schools, they are a great place for developing healthy habits.
- By partnering with parents and community members, schools support families in educating their children to develop healthy habits that continue well into adulthood.

Elementary school students

Our school is making some changes to teach you how to make healthy choices that will help you look and feel good.

- Healthy kids learn more, and learning is what school is all about.

It will be fun.

- For example, dribbling a ball in a specific pattern helps you learn math – and it gets your body moving, which is good for your brain and your muscles.

You will learn to make good decisions about your health and behavior.

- Learning what to do when you feel upset or how to get along better with your friends and family helps you connect with people in school and at home. You will learn what

you need to know to do well in school, get ready for middle school and have a good life when you are grown up, too.

Middle and high school students

Our school is making some changes to teach you how to make healthy decisions that will help you look and feel good about yourself.

- Healthy, active students achieve more in school and in life. Research shows that healthier students who are active can concentrate better, make better decisions about their behavior and feel better about themselves.

It's about helping you manage what's happening in your life.

- For example, we will talk about managing your emotions and stress, appreciating other people's perspectives, making good choices about your behaviors, preventing injury and disease, and resolving conflict with friends and family. You will learn what you need to know to have a good life – both in and out of school.