

Chairwoman Lehner and other distinguished education committee members, thank you for allowing me to present on why I feel adopting Health Ed standards, as part of SB 121 states, is much needed in our great State. I come to you as a teacher in Health, Life Skills and Physical Education for 23 years in the Brecksville-Broadview Hts City School District, but also a parent of two teenage boys.

My district has afforded my colleagues and I the opportunity to align our Health Curriculum with National Health Ed Standards. I can't begin to tell you how grateful I was that we have transitioned to Skills Based Health Ed when we were sent home in March and had to teach offsite the remainder of the year. I was immediately able to incorporate a skills-based Health Ed approach into lessons about COVID-19. **Content changes. Skills are forever.** Who would of thought a year ago we would be teaching students about this particular disease and its prevantative measures. The students did a great job using their skills learned on how to access valid and reliable information about COVID-19, set some goals while at home and many reflections for their mental, emotional and social health.

I would also like to share another example. We had not begun our Mental and Emotional Health Unit prior to being sent home. I was very worried as I felt strongly in getting this vital content and practicing skills to build their resilience and develop self-management strategies. The standards were able to guide me in my approach to teaching this unit. Without them, I would have been lost. My students were able to still get the content needed, but most importantly develop a Mental Health Self Care Management Plan.

The National Health Ed Standards gives our HPE department guidance to what we do. It helps us to connect important life skills such as, decision making, refusal skills, interpersonal communication, goal setting and analyzing influences across the topics we teach. We simply can not teach all the content because of time constraints, so we give them the skills to be practical. The standards allow a health ed classroom to be flexible with in each school district. Still providing local control on the content taught.

Students need functional Information - information that is relevant, usable and applicable (Benes and Alperin 2016) It is the need to know information about a health topic - For example in a nutrition unit....what do students need to learn about nutrition to make healthier choices....in our classroom we feel nutrient dense food knowledge provides more value for them, not learning about the digestive system.

Thank you for your time and I hope to see these standards adopted for Ohio. **Content changes. Skills are forever.** Our kids are worth it.

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