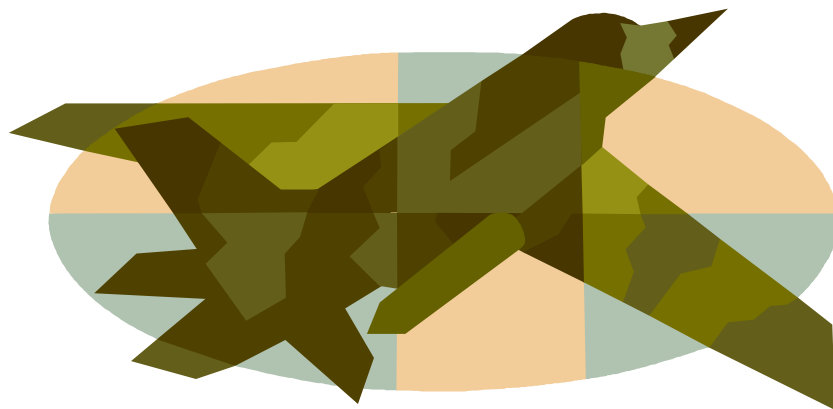




GEORGIA
CYBER ACADEMYSM

GCA MIDDLE SCHOOL
PARENT-STUDENT HANDBOOK
2011-2012



Dear Parents and Students,

Welcome to the 2011-2012 school year! The Georgia Cyber Academy Middle School team is very excited about the new year and the changes that are in store for students. Parents and students choose to attend GCA for many different reasons. The one reason that all parents and students choose GCA is for an exceptional educational experience that enables students to reach their potential. This year, more than ever before, the middle school team will offer a truly individualized educational experience for all students regardless of ability. We recognized that every student is unique and that every student deserves for their education to meet their individualized needs. GCA Middle School teachers are dedicated to meeting the needs of every student through highly effective instruction and support.

For the first time since GCA opened five years ago, students will be in a more “traditional” homeroom setting. That is, all students will be served by a homeroom teacher that specializes in the needs of students in a specific grade level. By doing this, teachers and students will foster their relationship, not only in homeroom, but in the classroom as well.

In an effort to address the needs of the individual learner, we will continue to offer ALP (Advanced Learners Program) homerooms with teachers who are experts in working with the gifted and talented student population. These students will have the opportunity to attend instructional classes that are designed to enrich and enhance their learning experiences. Students who exceeded in two or more areas of the CRCT are being targeted for these classes. We will also use the Scantron Performance scores as an indicator of students who are eligible for this program. Students who are not eligible for placement in those homerooms but who are interested in advance classes will be able to request higher level courses.

We will continue to address the needs of our students who are a bit behind and have not met the state standards on the CRCT. These students will be placed in a much smaller homeroom with teachers who specialize in working with learners who need more support in specific content areas.

Finally, our special education program will fully embrace the inclusion model. Students will attend general education (gen ed) Class Connects with a gen ed teacher partnered with a special education teacher. Both in the homeroom and in the instructional classes, these students will reap the benefits of collaborative teaching.

Addressing the needs of the individual learner also means that we will continue to address the social and emotional needs of students in the middle grades through homeroom times, weekly M.S. assemblies, clubs, and outings. This school year we will strive to meet student needs through more opportunities for students to interact with each other and their teachers.

GCA continues to be a work in progress. Each year we learn a little more about virtual education for students in grades 6-8 from student and parent feedback. Please continue to share your ideas.

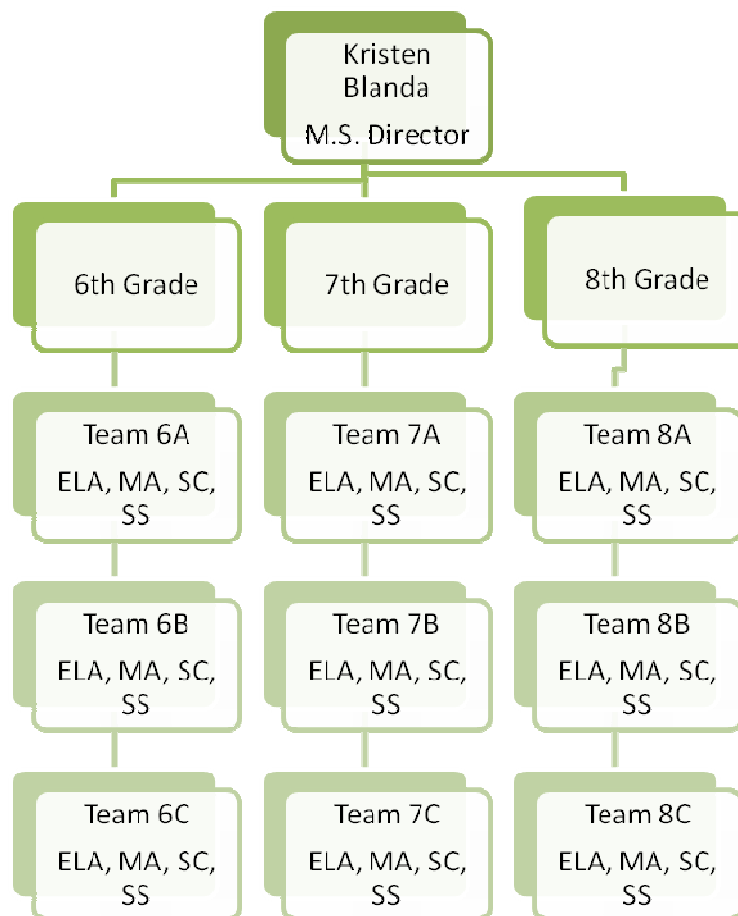
I know that this is going to be a great year for you and your student! I am excited about the changes that we have made and look forward to a great school year!

Kristen Blanda

Middle School Director

MIDDLE SCHOOL TEAMS

The middle school will be divided into three grade level specific teams. Each team will be led by a lead teacher and assistant lead. All teachers will be content area specialists who will teach Class Connect sessions in their chosen field. Homerooms may be differentiated based on student needs. Some homerooms will be largely composed of students who are able to move at a faster pace and have demonstrated high level skill acquisitions on the CRCTs and other assessments. Other homerooms will be focused on students who need a greater degree of support and therefore will be in smaller groupings with teachers who are trained intervention specialists. Homeroom sizes will average around 60 students but may range from 30 to 70.



MIDDLE SCHOOL CURRICULUM MODEL AND GRADING CRITERIA

The Georgia Cyber Academy Middle School classes use a combination of online curriculum, textbooks, Class Connect sessions, Study Island, and resources from the World Wide Web. GCA teachers will provide direct instruction of the Georgia Performance Standards in Class Connect sessions throughout the school year. In addition to the Class Connect teaching sessions, the students will complete work in their textbooks (and online), Study Island (SI) assignments, SI bi-weekly custom assessments, quarterly teacher-developed tests, and a midyear project. The Online School (OLS) portion of the course combined with direct teacher instruction is designed to elicit evidence of students' mandated mastery of the Georgia Performance Standards. Students will demonstrate mastery of these skills in Study Island assignments, SI bi-weekly custom assessments and exams.

CURRICULUM MODEL

The Middle School curriculum model requires that students complete work in a scheduled and timely manner. The GCA MS teachers will distribute scope and sequence (Road Maps) charts for each course. All GCA students should complete the lessons and units in the sequences provided. The maps will show the Class Connect sessions being taught each week, the alignment of these lessons to the OLS, and the Study Island objectives and assignments that correlate.

CLASS CONNECT SESSIONS

All students need to attend the Class Connect sessions in order to be prepared for the OLS lessons, Study Island assignments, SI bi-weekly custom assessments and exams. Class Connect sessions will be integrated in the OLS and students will be able to access the links and subsequent recordings through their online school. Students will have the opportunity to mark OLS lessons "Completed" by attending these classes. Brief formative assessments will be conducted at the end of each session to insure mastery of the content. Math and Language Arts/Literature sessions will be held three times a week, Monday, Tuesday and Thursday. Science and Social Studies sessions will be held the two alternative days. See schedule page 10.

ONLINE SCHOOL

Students will refer to the Road Maps and follow the daily lesson plans as scheduled by the teachers. There are times when a non-sequential order of the OLS is needed. When that occurs the specific directions for managing the online school will come from the subject area teachers. The content area/grade level road map will provide more details and will be sent prior to the start of school.

STUDY ISLAND ASSIGNMENTS

Consistent and steady use of Study Island in all subject areas is a critical component in preparing for the CRCT. The SI program will allow students to show mastery of a particular standard through lessons, games, worksheet reviews and tests which lead to receiving a blue ribbon. It will also provide frequent feedback for both the parent and teacher on how well the student is mastering the GPS. Each Class Connect session's closing slide will provide that lesson's correlation to the OLS as well as to Study Island. Students who are not able to earn blue ribbons will be required to attend additional Class Connect Sessions to focus on further developing these skills. The GCA MS team will be providing additional training and information on using and Study Island.

The Study Island program is also used for the bi-weekly custom assessment piece for each of the content areas. Teachers will provide the instructions to accessing these assessments via the Class Connect classrooms and kmail.

EXAMS

End of quarter exams will be required in each content area. Exams will be standards-based and cover content taught and practiced through the Class Connect sessions.

PROJECTS

Students will complete one project over the course of the year. This interdisciplinary, culminating activity will cover standards and objectives for that particular grade level. Students will receive options for the nature of the project in the fall. Projects will be due in January. Each project will be interdisciplinary in nature and will provide an opportunity for individualization and student creativity. More details regarding these projects will be sent later and covered in detail.

GRADING POLICIES

All Middle School students enrolled in Georgia Public Schools are required to be given formal letter grades. GCA students will earn grades by completing and participating in the various components of our curriculum. An online grade book will be utilized and both students and parents will have access to the grades as they are updated. Grades will be based on the following scale:

- 40% OLS target progress
- 10% Study Island Blue Ribbons & Criterion Writing Assignment
- 10% Project
- 25% Biweekly Custom Assessments
- 15% Quarterly Exam

Students should complete a minimum of 20% of their OLS in a quarter.

LATE WORK AND ABSENCES

All assignments/progress should be completed within the allotted time to meet progress and performance goals. Missing assignments may be accepted late at the discretion of the teacher with written permission and will have ten (10) points deducted from the grade, not including points deducted due to error in the assignment.

As a member of a public school, all absences must be approved by your homeroom teacher. Students may not miss more than 10 days of school. If a student is absent on a school day and does not log attendance and record completed assignments, it is the student and learning coach's responsibility to complete all missed work upon his/her return to school. If a student is absent on a project due date, the excused absence must be classified as an excused absence to avoid a late assignment point deduction. It is also recommended that the student and learning coach consult the teacher to be sure progress goals are up to date and on track for the school year.

TESTING

As a public school, all GCA students are required to attend state required testing. All students in Grades 3-8 will take the GA Criterion Referenced Competency Test (CRCT) in April of each school year. All 8th grade students will also take the GA Middle Grades Writing Assessment in January of the school year.

TEST PREPARATION

GCA students have access to two Internet-based resources to prepare for state mandated testing.

These include: Study Island and the GA Online Assessment System (OAS)

GCA Teachers also highly recommend the COACH workbook series which may be purchased separately.

Please visit the website for additional information:

<http://www.triumphlearning.com/c/@Fi.Kk3zHnJgQY/Pages/home.web?nocache@2+state@GA>

STUDENT/PARENT/TEACHER COMMUNICATION

All middle school students and learning coaches will have the opportunity to participate in conferences with their homeroom teacher at the learning coach's, student's, or teacher's request.

Students should address subject area concerns with the appropriate subject area teacher on their team. Please address any questions or concerns in allotted classroom sessions first. This is the most effective means of subject area communication. Kmail should be used as a second source of contact after the student has attended class to address any subject area question or concern. Phone contact should only be used under urgent or special circumstances for subject area questions.

In order to enhance and focus communication, the teachers may send a progress awareness form to you via kmail. Should you receive one of these, please complete it in the time requested by your teacher and return to him/her via kmail. Your teacher will contact you if further action is required on your part.

SUMMARY

If you have questions or concerns about the requirements, please discuss this with your student's teacher. Following are some very helpful documents.

- MS Calendar At-A-Glance
- Class Connect Schedule Overview
- Frequently Asked Questions
- Back to School Checklist
- Log-in & Data sheet
- Content Area Road Maps are provided by content area teachers quarterly

2011-2012 MIDDLE SCHOOL YEAR AT-A-GLANCE

August 15 First Day of School
Week 1- Orientations, Intro. To Online Learning, Scantron Testing
Week 2- Class Connect Sessions Begin

September 5 Labor Day Holiday

October 10 Columbus Day Holiday

October 17 SC and SS Exams

October 18 ELA and MA Exams

October 19 End of First 9 Weeks

November 21-25 Thanksgiving Holidays

December 21-January 3 Winter Holidays

January 4 Return from holidays

January 9 SC and SS Exams

January 10 ELA and MA Exams
Last day of Semester 1

January 13 Honor Roll Recognition

January 16 MLK Jr. Holiday

January 18 8th Gr. Writing Test

January 23 M.S. Project Due

February 17-20 February Break

March 5 SC and SS Exams

March 6 ELA and MA Exams
End of 3rd 9 Weeks

April 2-6 Spring Break
April 23-27 CRCT Week 1 administration
April 30-May 3 CRCT Make-up administration
May 14-18 Scantron Performance Testing- Spring
May 21 SC and SS Exams
May 22 ELA and MA Exams
May 24 Honor Roll Celebrations
May 25 End of 4th 9 Weeks

Last Day of School

May 29-June 15 Summer School (As Needed-Grades 3, 5, 8)

Required for all 8th graders who do not meet standards on Reading/Math CRCT

CLASS CONNECT- BEGINNING AUGUST 22ND LINKED TO OLS

Days/Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					6 th Grade Parent Math Support
9:00	6 th , 7 th , and 8 th grade ELA	6 th , 7 th , and 8 th grade ELA	6 th , 7 th and 8 th grade science	6 th , 7 th , and 8 th grade ELA	6 th , 7 th and 8 th grade science
10:00					7 th Grade Parent Math Support
10:30	6 th , 7 th , and 8 th grade MA	6 th , 7 th , and 8 th grade MA	6 th , 7 th and 8 th grade social studies	6 th , 7 th , and 8 th grade MA	6 th , 7 th and 8 th grade social studies
11:30					8 th Grade Parent Math Support
12:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00			6 th , 7 th and 8 th grade science		6 th , 7 th and 8 th grade science
2:00			6 th , 7 th and 8 th grade social studies		6 th , 7 th and 8 th grade social studies

FAQ's

What if I am having trouble with my login?

Call K12 customer service is at 1-866-626-6413

Do I have to have a student account set up for my child?

Yes. The student log in will not have answer keys or teacher guides. Each student should have their own account that they actively use each day. Students must use their own accounts to log into the Class Connect sessions.

What should I do when I have a question?

Contact your teacher via Kmail. Office hours are from 8am to 4pm Monday through Friday. You may call your teacher as well.

Who else can help me?

K12 customer service and Tech support can assist you if your teacher is unable to.

Their number is 1866-626-6413.

I hear so much about the OLS, GPS, SI, and OAS what are these?

OLS-Online school- this is where you go to get your daily lessons and kmail.

GPS-Georgia Performance standards- the standards that Georgia requires all students to master.

SI-Study island- an online resource for CRCT preparation, biweekly assignments will be posted by your teachers

OAS-Online assessment system-Another tool used to practice for CRCT's (this is not used as much as Study Island).

Where do I begin?

Use the checklist to get you started. This is a great way to start the school year and make sure you are on track. And do not panic if you get a little behind, there are 180 days in the school year; you have plenty of time.

There is so much to do; do I really need to read everything my teacher sends me?

YES, YES, and YES!!!! Your teacher will send out need-to-know information and it is very important that you open and read each kmail. Kmails are the teacher's first point of contact.

Can we write in the student guides or will we have to return those materials?

Yes, you may write in the student guides and any other workbook-type book. Please do not write in textbooks or novels/story books.

Where are the PE and Health lessons?

K12 does not offer health or P.E. curriculum. An extensive list of resources is enclosed. SI also offers a good Health program. Please make sure you complete exactly (no more and no less) than the required hours—exactly 60 PE and 30 health.

What is supplemental time?

Any educational experiences you have outside of our curriculum. For example, your kids may take piano lessons; that can count as a supplemental activity. Please do not enter more than 12 hours per week of supplemental time.

Where else can I go for help?

Here are some weekly open office support opportunities.

NOTE: *Most of the following sessions - will automatically populate for you on your OLS.*

- **M.S. Director’s Desk** – Join folks from the MS leadership team, available **every Wednesday at 11:30 - noon** to help with all of your Middle School concerns.
- **“Grade Level Specific” Open Office sessions provided for parents** – Join a grade level specific administrator from **8:30 to 9AM Tuesday** mornings to ask any questions.
- **MS Math Parent Support - every Friday 8:30AM for 6th grade parents, 10AM for 7th grade parents and 11:30AM for 8th grade parents.** Join the MS Math Director, Cathy Harper to get a look at what is coming up in math, for any general questions to be answered and to receive help with those tricky math problems!
- **Title 1 and Family Engagement Open Office – every Thursday from 11:30AM to noon -** Join the Title 1 and Family Engagement Coordinators to talk about GCA boosters, clubs, outings and any LC/parent involvement topic and/or ideas.
- **The GCA Principal’s Office** –GCA Administrators and I will be available **every Monday at 3:00PM** to answer any question you have and to help solve whatever problems you may be facing.

Back to School Checklist

Today's preparation determines tomorrow's success.

WEEK 1

Log into the OLS & create student login

Begin the habit of checking and reading all kmails daily

Expect a call from your homeroom teacher within the next few days 😊

Carefully read kmail regarding Scantron Performance Testing and take Reading and Math Scantron tests

Read Content Area Roadmaps and complete activities for Week 1

Plan to attend Middle School AND homeroom orientations in Class Connect

Check kmail and/or calendar for a meet the teacher date and location and plan to attend

READ GCA Handbook AND Middle School Handbook and THEN – after reading both, submit “Handbook Compliance” Survey (print handbooks & keep for your records)

Begin storing logins on Login sheet in handbook

Preview daily/weekly plan on the OLS to prepare for next week

Begin your Introduction to Online Learning course and work on daily

Begin reading the Study Island Instruction Manual sent in kmail (*You will be sent log in information, so you will not need to purchase this yourself.*)

WEEK 2 AND BEYOND

Begin attending Class Connect sessions (*these will show up in your daily plan with the necessary “link” for the class you are to attend!*)

Continue reading the Study Island Instruction Manual **and login to Study Island** to browse features. “how to” provided within the instruction manual

As instructed by each subject area teacher, login to Study Island to take subject specific pre-tests as well as work on assigned standards.

Keep in contact with your homeroom teacher... check kmails daily!!!!



My login information and passwords for Georgia Cyber Academy 2010-2011

OLS log in:

ID: _____

Password: _____

Study island Log in:

ID: _____

Password: _____

Scantron Log in:

Site Number: 74-9469-4032 (must use hyphens)

ID: _____

My GTID #:

My GCA Student ID #:

Homeroom Teachers Name and Info:

Teachers Name: _____

Phone Number: _____

Fax Number: _____

Address: _____

Content Area Teachers:

ELA: _____

MA: _____

SCI: _____

SS: _____

Additional log in and password information:

Website	Login ID	Password

Subject: Middle Grades Language Arts 2011-2012

Course Outline

The Georgia Cyber Academy Language Arts course is a literature based curriculum. The GCA Language Arts department will directly address Georgia Performance Standards in Class Connect teaching sessions throughout the school year. The Online School (OLS) portion of the course combined with direct teacher instruction is designed to elicit evidence of students' mandated mastery of the Georgia Performance Standards. In addition, students will produce developmentally appropriate pieces of writing that will undergo self-editing and Learning Coach editing. Student writing will be assessed in a manner that will communicate its strengths and weaknesses and encourage growth and progress utilizing checklist rubrics and an online writing program. To support the writing endeavors, students will examine models of professional writing as well as their own writing pieces. The GCA Language Arts curriculum provides a holistic approach to the communicative arts encompassing reading, writing, listening, speaking, and viewing.

COURSE MATERIALS

OLS – Internet service required

Grammar Exercise Textbook

GA Performance Standards

Individual Novels

COURSE CURRICULUM MAP

The language arts curriculum includes all components of the Georgia Performance Standards.

Please see a listing of the Language Arts GPS requirements for 6th – 8th grades at: <https://www.georgiastandards.org/Standards/pages/BrowseStandards/ELASTandards6-8.aspx>

Writing Requirements*:

Persuasive

Expository

Narrative

Reading Requirements:

Literary Works/Prose

Poetry

Expository Text

Grammar Requirements:

Parts of Speech

Sentence Structure

Vocabulary

<u>Language Arts A</u>	<u>Language Arts B</u>	<u>Literary Analysis & Composition</u>
1. Intro to Paragraph (Unit 1)	1. Intro to Essay (Unit 1)	1. Argument (Unit 3)
2. Persuasive Essay (Unit 4)	2. Letter to Editor (Unit 4)	2. Compare and Contrast (Unit 7)
3. Compare/Contrast (Unit 3)	3. Cause & Effect (Unit 7)	3. Research (Unit 5)**
4. Research Report (Unit 5)**	4. Research Report (Unit 5)**	4. Memoir (Unit 1)
5. Personal Narrative (Unit 2)	5. Fictional Narrative (Unit 8)	5. Speeches (Unit 8)

Additional OLS composition lessons are optional.

** Research Reports should begin no later than March of the school year.

Subject: Middle Grades Mathematics 2011-2012

Course Outline

The Georgia Cyber Academy middle school math courses utilize a combination of textbook, the Online School (OLS), Class Connect sessions and Study Island. The middle school model is driven by the teaching of the Georgia Performance Standards within the Class Connect sessions. In addition to these instructional LIVE sessions, the students will complete homework from their textbooks and/or handouts, complete bi-weekly assessments as well as earn Blue Ribbons through the Study Island program. This approach, combining the OLS with direct teacher instruction, bi-weekly feedback of mastery of skills and the additional resource of Study Island is designed to elicit evidence of students' mandated mastery of the Georgia Performance Standards. In addition, the use of this approach allows students to demonstrate developmentally appropriate knowledge of the necessary skills and standards needed to be successful in the grade level(s) that follow.

NOTE: If a student is unable to attend a Class Connect session LIVE on any given day, all sessions are recorded and the recorded links are provided on the OLS.

Due to the emphasis on the Georgia Performance Standards, each grade level is provided a Learning Coach Road Map which is designed to provide navigation as the OLS, Class Connect sessions and Study Island "drive" us to our learning destination.

Course Materials:

OLS – internet service required

New Textbook Name (Course Name: **GA Math 6**)

Pre-Algebra Textbook (Course Name: **GA Math 7**)

Algebra 1 Textbook (Course Name: **GA Math 8**)

GA Performance Standards (accessible from the GADOE website)

Learning Coach Road Map

The middle school math curriculum includes all components of the Georgia Performance Standards. To view a listing of the Mathematics GPS requirements for 6th – 8th grades go to:

<https://www.georgiastandards.org/Standards/pages/BrowseStandards/ELASTandards6-8.aspx>

Math Expectations:

Log into OLS daily.

Attend Class Connect Classes.

Complete daily homework and Study Island work as assigned by your designated math teacher.

Follow the LC Road Map.

Subject: Middle Grades Science 2011-2012

Course Outline

The Georgia Cyber Academy Science course is an inquiry based science curriculum. The GCA Science department will directly address Georgia Performance Standards in Class Connect sessions throughout the school year. The Online School (OLS) portion of the course combined with direct teacher instruction is designed to elicit evidence of students' mandated mastery of the Georgia Performance Standards. Science consists of thinking and investigating, as well as growing a body of knowledge about the world around us. Our goal is through coursework and interaction your child will increase their body of knowledge.

Course Materials

OLS – Internet service required

K12 Student pages and workbook

K12 Provided consumables

Study Island

GA Performance Standards

COURSE CURRICULUM MAP

The Science curriculum includes all components of the Georgia Performance Standards.

Please see a listing of the Science GPS requirements for 6th – 8th grades at:
<https://www.georgiastandards.org/Standards/Pages/BrowseStandards/ScienceStandards6-8.aspx>

The focus of 6th grade science is Earth Science. The main units can be seen below.

<u>Rocks and Minerals</u>	<u>Weathering and erosion</u>	<u>Inside the Earth</u>	<u>Water in Earth's Processes</u>	<u>Climate and Weather</u>	<u>Universe and Solar System</u>	<u>Earth, Moon and Sun</u>
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The focus of 7th grade science is Life Science. The main units can be seen below.

<u>Ecology</u>	<u>Energy Flow and Nutrient Cycling</u>	<u>Structure and Function of Cells</u>	<u>Organization of Life</u>	<u>Biological Traits and Heredity</u>	<u>Evidence of Evolution</u>
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The focus of 8th grade science is Physical Science. The main units can be seen below.

<u>Food & Cooking</u>	<u>Energy in our life</u>	<u>Light and Sound Show</u>	<u>Sports</u>	<u>Science with Toys</u>
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Subject: Middle Grades Social Studies 2011-2012

COURSE OUTLINE

The Georgia Cyber Academy Social Studies course is a culture-based curriculum. The GCA Social Studies department will directly address Georgia Performance Standards in Class Connect sessions throughout the school year. The Online School (OLS) portion of the course combined with direct teacher instruction and Study Island completion is designed to elicit evidence of students' mandated mastery of the Georgia Performance Standards. The GCA Social Studies curriculum provides a holistic approach to the five themes of geography: location, place, movement, human-environment interaction, and region.

COURSE MATERIALS

OLS – Internet service required

History textbooks (provided by K12)

K12 Student pages (printable from the OLS)

GA Performance Standards

COURSE CURRICULUM MAP

The Social Studies curriculum includes all components of the Georgia Performance Standards.

Please see a listing of the Social Studies GPS requirements for 6th – 8th grades at: <https://www.georgiastandards.org/layouts/GeorgiaStandards/GSOSearch/SearchResults.aspx?op=1&t=Standards&kw=&g=6,7,8&sid=29&sn=Social%20Studies&ss=GSOSubject&f=&d=>

6th grade Social Studies

Students will use the five themes of Geography to explore different areas of the world. The five themes include: location, place, movement, human environment interaction, and region. 6th grade students will focus on Canada, Latin America, Europe, and Australia.

7th grade Social Studies

Students will use the five themes of Geography to explore different areas of the world. The five themes include: location, place, movement, human environment interaction, and region. 7th grade students will focus on Asia and Africa.

Georgia Studies:

The GA studies course is designed to help achieve student understanding in the development of Georgia as a state. In the course, the student will also discover how Georgia played a role in United States and World history.

EXPECTED LESSON COMPLETION

Students in 6th, 7th, and 8th grade will be required to complete 80% of the OLS and all Study Island assignments. Class Connect sessions will correspond to an OLS lesson and/or a Study Island assignment in order to help your student master the concepts.

Health/PE Resources

Below is a document the GCA teachers have put together that is filled with Health and PE resources. GCA students are required to complete 30 hours (maximum) of Health and 60 hours(maximum) of PE during the school year. GCA and K12 do not provide a Health or PE curriculum so that is why the teachers have put this together for families. Please know that these are just *suggested* web sites, books and videos and that you can use any of your own Health/PE resources you have or find. All links were verified as accurate on 8/19/10 but occasionally websites become inactive. We apologize if you find any links do not work.

Health Websites

Learn To Be Healthy

<http://www.learntobehealthy.org/kids>

This website offers great health related games and information on topics such as nutrition, adolescence and the five senses. You will also have access to many other health related resources such as recipes and health tips directly from this site. Students will need to register and have an email account in order to login.

Children's Health Education Center (CHEC)

<http://www.bluekids.org/teensandkids/index.asp>

This website offers tweens and teens the opportunity to learn about health and life long skills in an interactive way. Students can play games on decision- making, cause and effect, as well as learn about exciting opportunities like CPR and babysitting certification.

Kids Health for Kids

<http://www.kidshealth.org/kid>

This website allows students to explore ways to keep their bodies, minds, and insect bites clean and healthy! Students can research recipes, ways to deal with feelings and even how to prevent mosquito bites. There are exciting games as well as a kid friendly medical terminology glossary. Also available in Espanol!

U.S. Department of Health & Human Services <http://www.hhs.gov/kids/>

This website offers a myriad of information on topics as "Scruff McGruff" stories, nutrition coloring pages, links for girls, vaccinations, and puzzle and riddles. Also available En Espanol!

Children, Youth, and Women's Health Services

<http://www.cyh.com/SubDefault.aspx?p=255>

This website has a wealth of health and practical information for everyone in the family. You'll find great recipes, kid friendly solution to common problems and concerns as well as great interactive games.

Children's Hospital of Philadelphia children's website

<http://kidshealthgalaxy.com/>

Take a tour of a „children“s hospital“ and meet the staff. Children can explore the many floors of the hospital as well as learn the terminology used. You can even sneak into a doctor“s bag of tools and supplies. This great website is very interactive and fun!

National Institute of Environmental Health Sciences

<http://kids.niehs.nih.gov/games.htm#game>

The NIEHS has developed this site to help kids make the connection between the environment and their health. The Read all about it! page covers lots of information on environmental health, and the rest of the site brings together

jokes and riddles, games and activities, art and word puzzles, and even a section on rewarding careers in the environmental health sciences. This page is more for fun and reinforcement than introduction of new material.

National Mental Health Information Center

<http://mentalhealth.samhsa.gov/kidsarea/>

Are you happy, sad, or scared? What do you do about it? Check out this great mental health site for kids! The kids can play games as well as research various moods, feelings and disorders.

Colgate Kid's World

<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>

Do you want to save your children's teeth from the plague monster? Take them to this outstanding site to learn about healthy, pearly whites! You can play teeth related puzzle games as well as print a teeth- brushing chart.

Children's First For Health

<http://www.childrenfirst.nhs.uk/>

Has your child broken a bone? About to spend time in a doctor's office or hospital? Or have general questions about various conditions and procedures? This website will allow your child to read real stories written by children their age about their medical journeys! The stories are very kid and teen friendly. There are also health related games, contest, and a "doctor" that answers kids basic questions in funny yet informative ways!

The National Center for Environmental Health

<http://www.cdc.gov/nceh/kids/>

This site will help children understand what important jobs are done to keep the world safe and healthy! Students can learn what steps are taken in a natural disaster, how cruise ships and airplanes are made safe for vacations as well as learning about babies and children born with birth defects.

Medtropolis

<http://www.medtropolis.com/kidshealth.asp>

Kids and teens alike have health, body, and medicine questions. This site will help you answer some of these questions through informative articles. Teens can get information about college, jobs, peer pressure, exercise, and even great recipes- like 15-minute salmon!

COMBINED: P.E./Health Sites

Dole 5 a Day

<http://www.dole5aday.com>

This is a great website to teach about nutrition. Students can create and print out fun, personalized recipes, learn the history of fruits and vegetables using the online fruit and veggie encyclopedia, and play nutrition games. This site also has a plethora of information for parents, including healthy recipes! K-5

All Systems Are Go! <http://www.sciencenetlinks.com/interactives/systems.html> Arnold is missing a number of body parts. Students are presented with a body system and a variety of organs. Students drag and drop all the organs that belong in that particular body system to Arnold's body. Once all four systems are complete, a clothed Arnold will appear. But if students drag in an organ that doesn't belong, all the organs pop out and students have to start that system over.

BrainPOP Health <http://www.brainpop.com/health/>

This cutting-edge Web site offers teachers and students a multitude of health topics. Each topic opens up a new window complete with an animated video and follow-up activities. Links to science, technology, and a site search add to the value of this site.

Drug Abuse Resistance Education (D.A.R.E.) http://www.dare-america.com/kids/index_3.htm

This site offers lots of material that reinforces the D.A.R.E. message. Areas that promote a positive self-concept, sections that encourage kids to say "No" to drug use, and lists of activities to keep boredom away enhance the program. The site, which uses Flash technology to rev up its page, also has areas for educators and parents.

Explore Your Dream World <http://library.thinkquest.org/C005545/> This ThinkQuest entry takes the viewer through an exploration of sleep and how it can affect health. The site has worthwhile sections on both sleep and dreams, and the segment on sleep and health does a first-rate job of presenting common issues such as snoring, sleeplessness, and nightmares. The interactive corner offers the opportunity for discussion and dream analysis that is ideal for secondary students, and the teaching resources section offers activity ideas and links to supplement the site.

The Food Timeline <http://www.foodtimeline.org/> Have you taught students about the food pyramid? Did you cover the food groups and healthful diets? Are you looking for a new and different way to approach nutrition? This interactive time line offers you and your students all kinds of perspective on how foods have evolved throughout the ages -- from salt and bread to Spam and Flutie Flakes! Did you realize canned tuna was first made in 1903 or that Grey Poupon dijon mustard dates back to 1777? Imagine the implications across the curriculum in your classroom!

Health Smart <http://www.gphealthsmart.com/> Georgia-Pacific presents this site to involve students in their own education about germs, hygiene, and good safety practices. The virtual home is a great place where children can experience germ "hot spots" around the house. And the list of lesson plans in .pdf format makes life much easier for teachers who are teaching about hygiene and healthful choices in the classroom.

Live Healthier, Live Longer <http://rover.nhlbi.nih.gov/chd/> The National Institutes of Health presents this site on the number one killer in the United States: heart disease. The site explains coronary heart disease, healthful choices for avoiding it, and practical approaches to living with high cholesterol. The online radio messages are a nice touch that help humanize the point that avoiding coronary heart disease is something students can do from the time they are young.

The following websites are a great way to introduce and discuss these topics with your child!!!!

Abduction Prevention Program

www.escapeschool.com

Great website for parents and kids!! Topics include "Abduction, Kids and Guns, General Safety, and Internet safety" --all of these links provide a list of articles related to each. You can even contact escape school and attend a presentation with your family. When you finish exploring the site your child can take a very user friendly test and print a certificate of completion!!!!

National Crime Prevention Council <http://www.ncpc.org/>

This site is very easy to navigate, and is child and parent friendly! Check out the Topics in Crime Prevention. You will also find additional links on bullying, child abuse and neglect, child development, and child safety. These links provide access to on-line publications, books, articles, agencies and organizations.

Safe Kids

www.safekids.com

This is a great link to explore "online safety" with your children. It is very important that you and your children are aware of how to be safe while using the "Information Highway"!

Physical Education (P.E.) WEBSITES

KID-FIT

<http://www.kid-fit.com/index.htm?gclid=CIqW1ZSIvo4CFSh-UAodUxQ00g>

KID-FIT is a well-rounded preschool exercise program for young children. Preschoolers ages 2-5 exercise much like an adult would in an aerobic class. They warm-up, stretch, do aerobic exercise to strengthen their hearts and lungs,

strengthen their muscles the cooldown and stretch for improved flexibility. In addition to KID-FIT being a fun moving experience, it's an educational one as well. Children learn how to develop healthy lifestyles from early on and why it's important.

KIDS GAMES

<http://www.gameskidsplay.net/>

This site gives you a list of kids' games that can be played indoors and outdoors. If you have forgotten the rules to one of your favorite childhood games, then you can definitely find it here.

CAN TEACH

<http://www.canteach.ca/elementary/physed.html>

This is an actual lesson that shows children how to control the ball with their feet. It is great for a soccer unit.

AEROBICS DICTIONARY

<http://www.turnstep.com/moves.html>

This particular site defines aerobics terms and gives you an illustration to help you understand the term better.

FIT-4-U

<http://www.twirllysueandcrew.com/>

FIT – 4 – U with Twirly Sue and Crew is a *children's fitness video and special events* program for ages 2-10.

KIDNETIC.COM

http://childparenting.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=childparenting&cdn=p parenting&tm=150&gps=347_401_1020_567&f=10&su=p284.8.150.ip_&tt=14&bt=1&bts=0&zu=http%3A//www.kidnetic.com/

This website is an awesome website that challenges your children to get more physical and eat right. There are quizzes, food analysis, and so much more that would help your child become more interested in physical activity.

PE WARMUP AND COOLING DOWN

<http://www.teachingideas.co.uk/pe/contents.htm>

This website gives you specific tasks for warming up and cooling down during physical activity. It also tells the importance of allowing your body to warm up before an activity and cool down when you are done.

Books

Elementary:

Magic School Bus Series by Joanna Cole and Bruce Degen-The Magic School Bus was a series of children's books intended to teach scientific concepts to children. They were written between 1986 and 2001 by Joanna Cole and illustrated by Bruce Degen. The most recent book was published in August 2006. The books feature the exploits of Ms. Frizzle and her class, who board a magic school bus which takes them on field trips into space, under the Earth, into the human body, or to other such impossible locations. The books were written in the first person from the point of view of an unnamed student in "the Friz's" class.-wikipedia.org

I Made It Myself!: Mud Cups, Pizza Puffs, and Over 100 Other Fun and Healthy Recipes for Kids to Make (Paperback) Sandra K. Nissenberg and Heather Nissenberg- More than 100 recipes for fun! Kids know it's more fun to eat foods they make themselves, and this book makes learning to cook a blast! Nine-year-old Heather Nissenberg and her mom put together this collection of tasty recipes that help kids make their own snacks and even family meals. Favorites include:

Cake for Breakfast

Purple Cow
Sailing Tuna Boats
Bug Bites
Monkey Bread
Mini Chicken Cheeseburgers

With lots of fun food jokes, kitchen crafts, and tips for kitchen safety and healthy eating, kids will have a great time learning their way around the kitchen! Amazon.com

There Was an Old Woman Who Swallowed a Fly by Michael Kohn and David Weiner- In Taback's (Joseph Had a Little Overcoat) ingenious take on the cumulative tale, there's a die-cut hole where the old lady's stomach should be, so the audience can see where everything she swallows ends up. What's more, the hole grows bigger to accommodate the increasing gastro-population by the tale's end, it's the size and shape of the horse that causes her demise. –Publisher's Weekly

American girl's The Care and Keeping of You –by Valorie Schaefer and Norm Bendell This bestselling guide answers all the questions growing girls have about their bodies - from hair care to healthy eating, bad breath to bra buying, pimples to periods. It offers guidance about basic hygiene and health without addressing issues of sexuality. Amazon.com

Dear Tooth Fairy by Alan Durant, Vanessa Cabban- A great book to share with children going through or about to go through the loosing teeth stage. Dear Tooth Fairy is an excellent book to share during Dental Health Month and to integrate with a writing lesson. A good follow up is to have students write a pretend letter to the tooth fairy. Brush Your Teeth Please by Leslie McGuire, Jean Pidgeon- What child can resist imitating a chimp brushing its teeth back and forth? Or a shark that flosses every day? Youngsters will have lots of fun learning about proper dental hygiene in this delightful pop-up book.

Throw Your Tooth on the Roof by Selby Beeler- Travel around the world and discover the surprising things children do when they lose a tooth. Selby B. Beeler spent years collecting traditions from every corner of the globe for this whimsical book, and G. Brian Karas adds to the fun, filling every page with humorous detail. He perfectly captures the excitement and pride that children experience when a tooth falls out.

Ready-To-Use P. E. Activities for Grades K-2 (Ready-To-Use Physical Education Activities) (Paperback) Joanne M. Landy and Maxwell J. Landy This is VOLUME 1 of a planned 4-VOLUME SERIES called COMPLETE

PHYSICAL EDUCATION ACTIVITIES PROGRAM, designed to help K-9 classroom teachers and P.E. specialists prepare and teach interesting, fun-packed physical education lessons in a sequential co-educational program. Each volume provides over 500 illustrated, easy-to-use activities organized into 8 modules for quick lesson preparation: Introductory Activities, Fitness Activities, Movement Awareness, Rhythms & Dance, Gymnastics, Game Skills, Special Games, and Closing Activities.

Ready-To-Use P.E. Activities for Grades 5-6 (Paperback) Joanne Landy and Maxwell Landy – Great physical education activities for any educator for use in grades 5-6.

Ready-To-Use P.E. Activities for Grades 3-4 (Paperback) Joanne Landy and Maxwell Landy- Physical education activities for any educator for use in Grades 3-4

Middle School:

CUT by Patricia McCormick- Burdened with the pressure of believing she is responsible for her brother's illness, 15-year-old Callie begins a course of self-destruction that leads to her being admitted to Sea Pines, a psychiatric hospital the "guests" refer to as Sick Minds. Although initially she refuses to speak, her individual and group therapy sessions trigger memories and insights. Slowly, she begins emerging from her miserable silence, ultimately understanding the role her dysfunctional family played in her brother's health crisis.

The Teen Health Book: A Guide to Adolescent Health and Well-Being by Ralph I., M.D. Lopez, Kate Kelly, and Ralph I. Lopez-A practicing specialist in adolescent medicine and professor at Weill Medical College of Cornell University, Lopez covers key health issues affecting teenagers, such as the physical and emotional changes of puberty, eating habits, sex, sleep deprivation and more.

All Ages:

Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath -This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Teaching Today's Health (8th Edition) (Paperback) by David Anspaugh and Gene Ezell- Teaching Today's Health, Eighth Edition, balances comprehensive theory chapters with a wealth of effective classroom activities to give readers the tools they need to become successful health educators. In addition to an enhanced design, the Eighth Edition has been thoroughly updated to address current health issues in the classroom and to accommodate the National Health Education Standards. More than a simple collection of lesson plans, this book's strong background and depth in teaching prepares the reader for today's teaching environment. In addition to addressing the increased diversity of today's classroom, this text also offers ways to incorporate health education with other subjects, like science or social studies.

The Ultimate Homeschool Physical Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children Fitness, Movement & Sport Skills (Paperback) Guy Bailey- Written for homeschooling families looking to supplement their PE programs with a wider range of activities that can be used to teach children fitness, movement and sports skills.

Ready-To-Use P.E. Activities for Grades 5-6 (Paperback) Joanne Landy and Maxwell Landy – Great physical education activities for any educator for use in grades 5-6.

Ready-To-Use P.E. Activities for Grades 3-4 (Paperback) Joanne Landy and Maxwell Landy- Physical education activities for any educator for use in Grades 3-4.

How to Survive Teaching Health: Games, Activities, and Worksheets for Grades 4-12 (Paperback) Kenneth G. Tillman- Great health activities, although it suggests 4-12, many users of this book believes that it is more appropriate for 4-8th graders.

Videos

BYOU (Fitness DVD)

Dancer, singer, and actress Sabrina Bryan, one of The Disney Channel's Cheetah Girls, has a very important message of empowerment for girls - be happy, be healthy - BYOU! This is 93 minute dance fitness DVD, which was created so that girls can have fun learning the latest dance moves and get fit at the same time. For girls, ages 8-13. Available at www.amazon.com (list price: \$10.99)

Billy Blanks - Tae Bo Kicks (2005) In this workout, Billy takes the basics of his world-famous TAE BO moves and adapts them just for kids to create a fast-moving, entertaining routine to keep them slim, strong, and active. Best of all, TAE BO KICKS shows how to use your body at your own pace to stay fit and motivated for life! For boys and girls, ages 5-11. For more information visit this website:

http://www.teachertube.com/search_result.php?search_id=health+&x=0&y=0

Bill Nye the Science Guy

For a fun and quirky adventure in health topics, Bill can't be beat. He has a video for nutrition, which goes along with the whole dental care concept. It's episode #62, and is available in this link:

http://www.nyelabs.com/episode_pdfs/episodeguide62.pdf

The Learning Channel

“Honey We’re Killing the Kids”

This innovative collection of videos is from the TLC program of the same name. Some of the topics included in the series include healthy living, good nutrition, and adolescent health. Click on the link below to view the topics found in this series. When you access the webpage, the videos will appear on the right side of your screen:

<http://tlc.discovery.com/search/results.html?query=children%27s+health>

Great Activities for Physical Education: Grades K-2 DVD

In this unique program, Artie Kamiya presents several fun physical education activities that promote student fitness and skill development. The DVD provides numerous developmentally appropriate activities for students in Grades K-2. Teachers and parents will be able to save invaluable planning and preparation time. There are many games and activities included. All of these activities can be easily implemented into any curriculum. Cost: \$30.00.

http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXXKAQ8/ref=pd_bbs_sr_1/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189982904&sr=1-1

Great Activities for Physical Education: Grades 3-5 DVD

This is a continuation of the collection for Grades K-2. Artie Kamiya is one of the premier physical education consultants in the United States. He is the former Director of K-12 Physical Education for the State of North Carolina and the founder of the Great Activities Publishing Company. Artie was selected as the 2004 National Physical Education Administrator of the Year by the Council for School Leadership in Physical Education. He has presented over 400 workshops in 40 different states. Cost: \$30.00

http://www.amazon.com/Great-Activities-Physical-Education-Grades/dp/B000SXXKAQI/ref=pd_bbs_sr_3/002-4518781-5172860?ie=UTF8&s=dvd&qid=1189983112&sr=1-3

Magic School Bus: Human Body

In a small grade school, Mrs. Frizzle and her class have a unique way of learning about the world. To illustrate the science concepts they discuss, they always on a field trip on the Magic School Bus, a magic vehicle that can literally go anywhere and be anything as the class explores space, the arctic, the human body in order to have a first hand experience of the principles of science. This video helps kids learn about how their body works, from the inside out! For ages 4 and up. Cost: \$9.95. Click on this link for more details:

http://www.amazon.com/Magic-School-Bus-Human-Body/dp/B0009S4IME/ref=pd_bbs_sr_1/105-2344864-2335642?ie=UTF8&s=dvd&qid=1191587978&sr=1-1