

LESA
Health Education Curriculum
2006-2007

Introduction

The Lutheran Elementary School Association (LESA), a consortium of Lutheran elementary schools, Lutheran high schools, and other Lutheran related educational agencies in the metro St. Louis area, has produced this Health Education Curriculum Guide for teachers. LESA exists to foster cooperation among the St. Louis area Lutheran schools, to minister to students and their families by providing financial funding as needed, to provide the impetus to continue improving the educational programs offered at LESA Lutheran schools, and to provide opportunities for teachers and administrators to grow professionally. We express our thanks to the Lutheran Foundation of St. Louis, to our local congregations and schools, and to the No Child Left Behind federal act for providing the encouragement and funding to undertake these projects. As teachers are better equipped to teach, and children are better prepared for the world in which they live and function, God's Kingdom can flourish and His gospel can be more effectively spread to all. May this be our goal so that He may be glorified.

Rationale

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” I Corinthians 6:19, 20

Taking care of our bodies, minds, and souls is a life-long process which honors God. The goal of Lutheran health education is to help students develop in their physical, spiritual, emotional, and social well-being so that they can increase awareness of themselves and appreciate the body as a gift from God. In an effort to achieve the goals set forth in the following health curriculum, the committee has identified four major strands for incorporation into instruction:

1. Function and interrelations of the systems
2. Health maintenance and enhancement
3. Social responsibilities
4. Risk assessment and reduction

The LESA Health Education Curriculum Guide has been accomplished by drawing on many resources including *Missouri Department of Elementary and Secondary Education Health Education Grade Level Expectations*, *Concordia Curriculum Guide for Health CPH*, and the practices of the LESA Lutheran school teachers.

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Directions for Using this Guide

The health education standards listed were identified as vital for students in our Lutheran schools. Committee members then wrote a sample lesson which they felt carried out the standard listed. The Appendix includes a listing of appropriate web sites and print resources.

Each LESA school will receive one print copy of the guide and an accompanying CD which has the curriculum formatted in a PDF file and in Microsoft Word. This will be especially helpful for faculties as they revise the guide for their school. The curriculum may also be downloaded directly from the LESA website, www.lesastl.org.