



You Are What You Read! Aligning Health & Literacy for Healthier Students

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Fiction titles aligned with P-5th grade Colorado's Comprehensive Health Education and Reading, Writing, and Communicating standards.

- Find books by keyword, grade level, or health topic
- Get Read4Health Lesson Plans
- Purchase or borrow books from a Colorado Library

Launching September 2013!
Preview now at
trc.rmc.org/read4health





You Are What You Read: Aligning Health & Literacy for Healthier Students



RMC Health Trainers

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Let's Get to Know Each Other!

- Take a note card from the basket
- Write down your favorite children's book (current or when you were younger).
- How can you relate this book to health?
- When the music stops, find someone you don't know.
- Introduce yourself and share your book and the health connections.

What is RMC Health?



Objectives

- **Participants will:**
 - Be able to identify and access the Read4Health website
 - Identify the timeline for launch and marketing of the Read4Health website
 - Be able to identify specific strategies to use fiction text to teach health education PK -5

Agenda

- Overview of the Read4Health project
- Share the website
- Let's look at some books and lessons (2 rotations)
- Website or more lessons (1 rotation)
- Share what you learned
- Wrap-up questions/marketing

Expectations

Expectations





What is Read4Health?

Give Thanks to our Funders

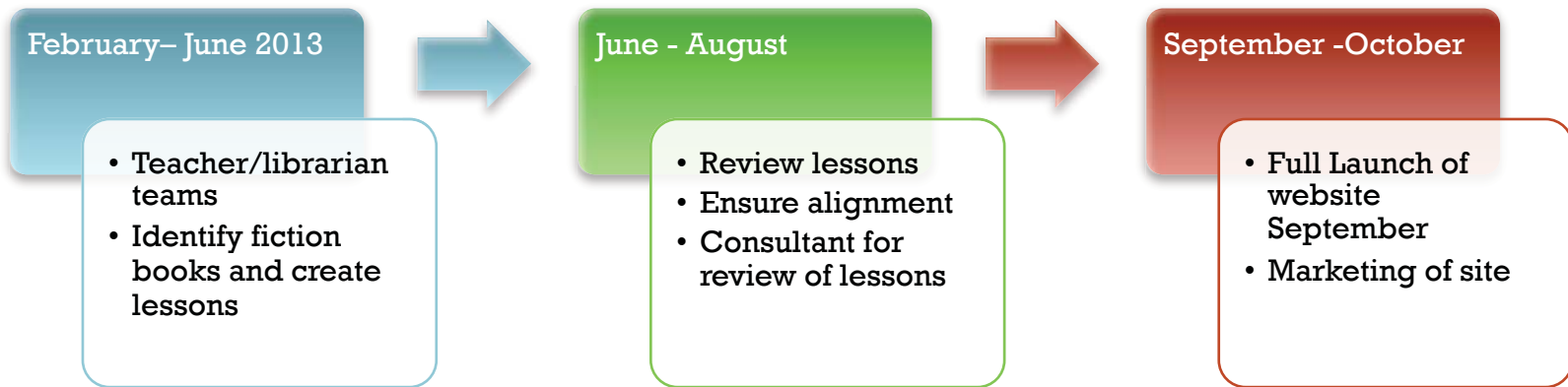


Purpose of Read4Health

- Support teachers to implement the health education standards at the elementary school level
- Create a searchable website
- Identify fiction titles that support both Colorado Health Education Standards and Reading, Writing, and Communicating standards
- Create lesson plans to support teaching



Timeline



Comprehensive Health and Physical Education
Standards and Prepared Graduate Competencies

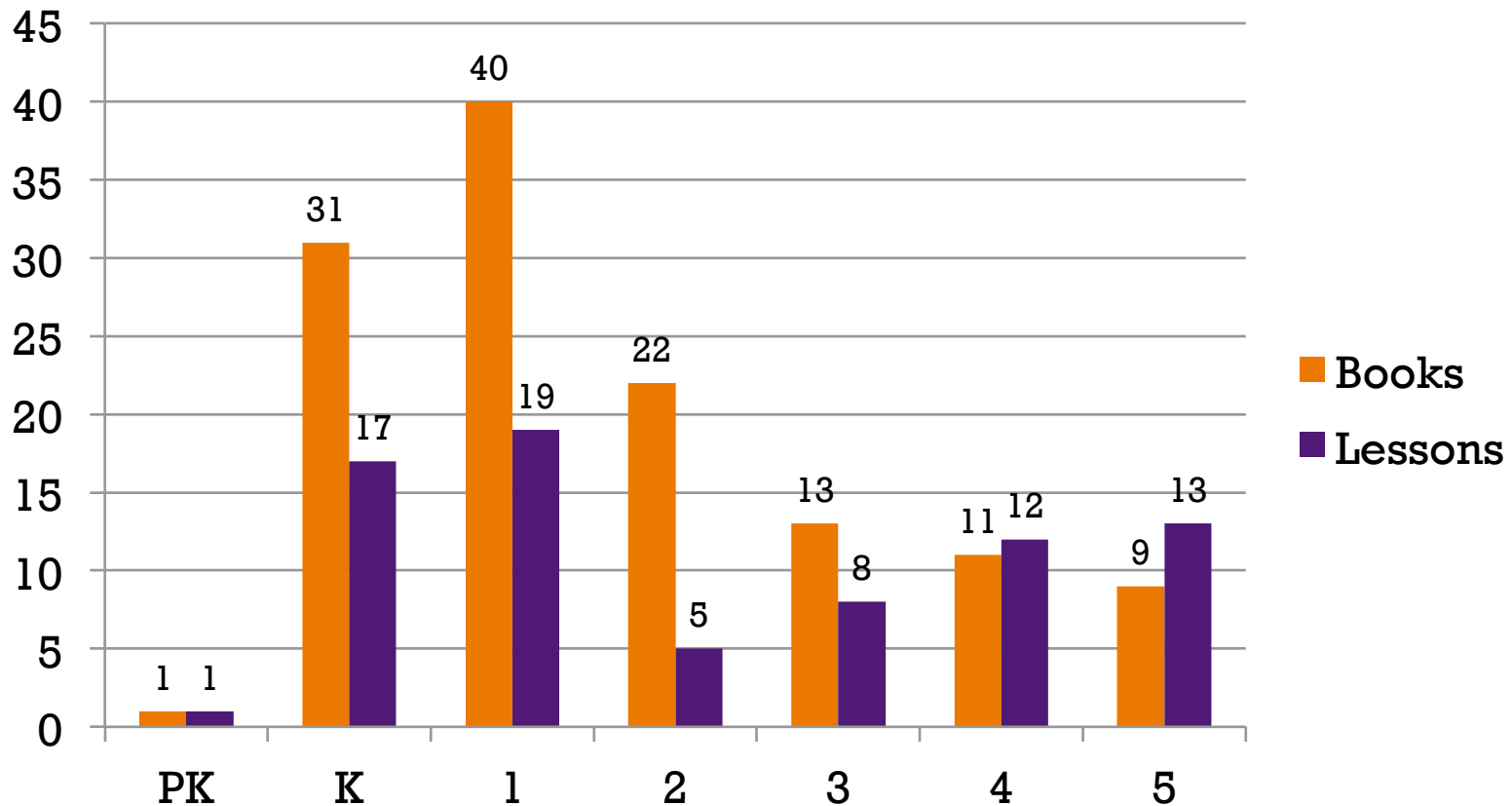
<i>Physical & Personal Wellness</i>	<i>Emotional & Social Wellness</i>	<i>Prevention & Risk Management</i>
<ul style="list-style-type: none">• Healthy Eating• Health Promotion• Healthy Relationships/Sexual & Reproductive Health	<ul style="list-style-type: none">• Mental, Emotional, & Social Well-being	<ul style="list-style-type: none">• Alcohol, Tobacco and Other Drug Prevention• Violence Prevention, Bully Prevention• Safety Injury Prevention



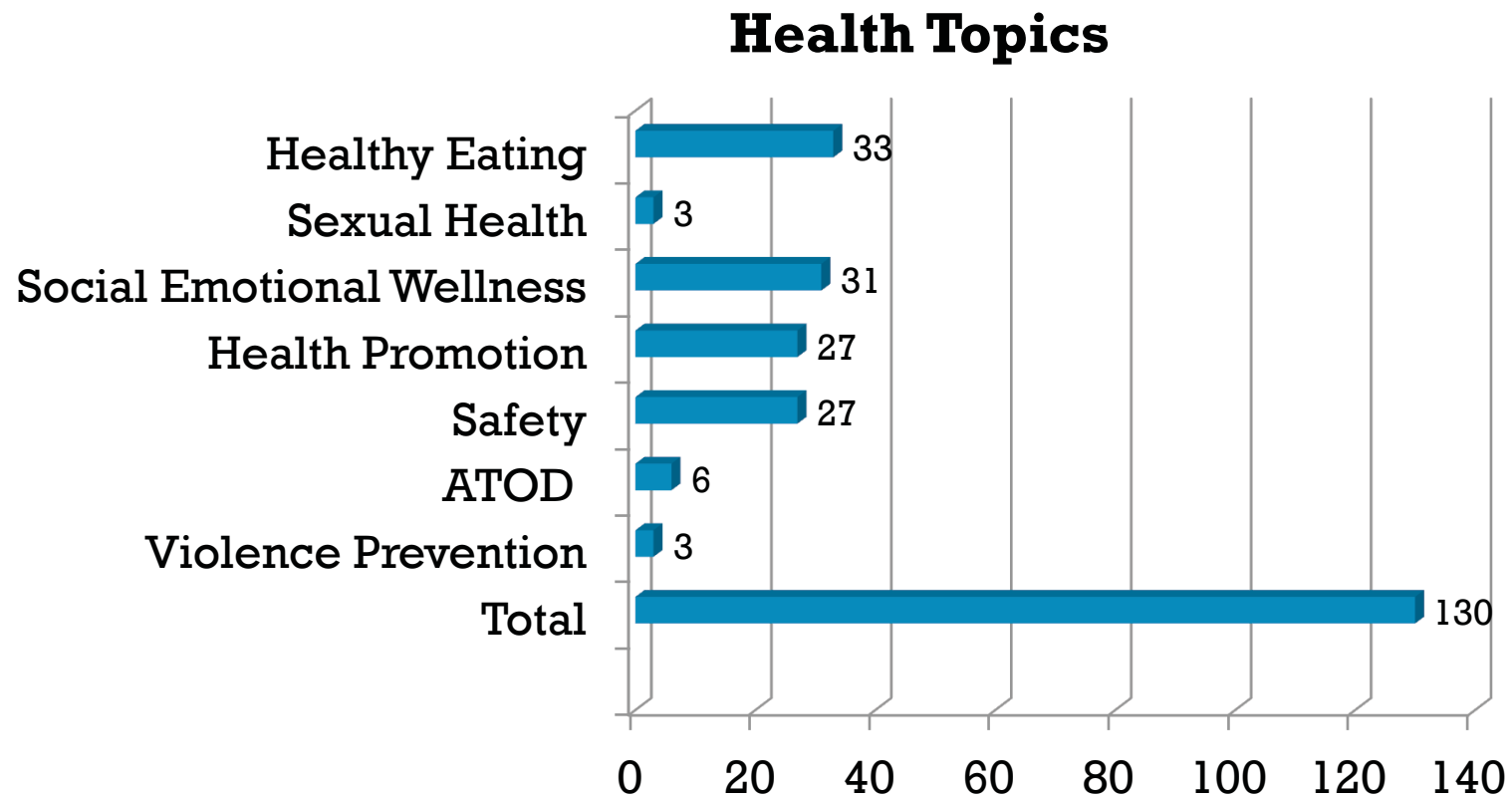
Book Selection Criteria



Books and Lessons by Grade Level



Books by Health Topics





The website

www.trc.rmc.org/read4health



Taking a look at Lessons and books



Directions for Gallery Walk

- Around the room you will find grade level signs
- At each grade level you will find lessons/and the books associated with the lessons.
- You will have an opportunity to view 2-3 grade levels during the rotation.
- On the chart paper record any ideas that you have about how you could use the book or the lesson plans?

Rotations

- When you hear the chimes please rotate to another grade level.

Share strategies: What did you learn?

- What are one or two strategies that you learned from the lessons or the books?



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Marketing



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Evaluations

- Please complete the overall evaluation before you leave.
- Your feedback is valuable.



Thanks! Have a great weekend!

