

GENERAL CHURCH AND ACADEMY HEALTH CURRICULUM
A STATEMENT OF PURPOSE AND VISION
Affirmed by Health Curriculum Committee June 29, 1999

The **purpose** of the kindergarten through grade twelve health curriculum is to assist students in developing the desire and ability to make reasoned choices as to the care of their spiritual, moral, emotional, social, cognitive and physical needs. In this way they may be instruments of the Lord's will on earth and in heaven as they perform uses.

HH 432 Therefore, all rational life that appears in the body belongs to the soul, and nothing of it to the body; for the body ... is material, and the material, which is the property of the body, is added and apparently almost joined to the spirit, in order that the spirit of man may be able to perform uses in the natural world."

The **vision** for fulfilling this purpose can be described by the following goals.

1. Assist students in developing a vision of the Lord as loving, forgiving and providing for all of our needs, and to develop a relationship with Him through prayer and following His Word.
DP 123 VII It is the continual endeavor of the Divine Providence of the Lord to unite people to Himself and Himself to people in order that He may be able to bestow upon people the felicities of eternal life...
2. Assist students in learning the skills and developing an appreciation for maintaining healthy, orderly and caring relationships with family, community and peers.
AC 3875:5 In itself mutual love is nothing else than charity towards the neighbor, for in the internal sense 'the neighbor' means nothing else than good, and in the highest sense the Lord because all good originates in Him and He is Good itself...
3. Assist students in developing a healthy sense of worthiness in relation to the Lord and the neighbor through the performance of uses, the ability to reflect on their actions and a vision of themselves as potential angels.
NJHD 86 ...so far as anyone has the Lord with himself, so far he is the neighbor (to be loved); because no one receives the Lord, that is, good from Him, in the same manner as another, therefore no one is the neighbor in the same manner as another.
4. Assist students in developing an understanding of and appreciation for the ideals and challenges in an age-appropriate and healthy spiritual, moral, emotional, social and physical relationship between the sexes.
CL 98 (ix):2...sexual love is not the source of truly conjugal love, but is its first stage in time, but not first as an objective...but this first objective is approached by a succession of intermediate stages...which are merely means which promote the realization of conjugal love..
5. Assist students in forming the skills and attitudes needed to resist pressures to act against the Lord's will as to their spiritual, moral, emotional, social, intellectual and physical well-being.
AC 1947[3] But those who have practiced self-compulsion and set themselves against evil and falsity - even though at first they had imagined that they did so of themselves...but had after that been enlightened to the effect that their effort originated in the Lord...in the next life cannot be led by evil spirits, but are among the blessed.
6. Assist students in developing skills to maintain a mental and emotional balance by learning how to handle life's challenges in a constructive way.
AC 8478(3) ...those who trust in the Divine...have care for the morrow, still have it not because they do not think of the morrow with solicitude, still less with anxiety. Unruffled is their spirit whether they obtain the objects of their desire, or not...
7. Assist students in honoring and respecting their physical bodies as the containant of the mind and spirit and as the ultimate vehicle for use; and thus help them to develop the desire and the skills to avoid self-destructive behavior.
DLW 333 He loves things of the body because he wishes to have a healthy mind inside a healthy body. Also, he loves his own mind and its healthiness for an even more interior reason, namely that he may have a wise discernment of what is good and an intelligent understanding of what is true.
8. Assist students in developing an appreciation for why and an understanding of how to care for the nutrition of their bodies so that they may be of use to themselves and to the neighbor.
AC 3591 [3] The case herein is precisely as it is with the nutrition of man, which has as its end that he may have a sound mind in a sound body. If he deprives his body of its nourishment, he deprives himself also of the condition needed for his end;
9. Assist students in developing an appreciation for why and an understanding of how to keep their bodies safe, fit, clean, and healthy so that they may be of use to themselves and to the neighbor.
DLW 331 Uses for sustaining the body relate to its nourishment, its clothing, its habitation, its recreation and enjoyment, its protection and the preservation of its state.
10. Assist students in developing respectful and responsible attitudes towards the use of the Lord's earthly creation.
DLW 333 ...a man is only as a servant and house-steward appointed over the goods of his Lord.

The **strategies** for implementing these purpose and vision statements are contained in each grade level's curriculum.