

The first edition of **Successfully Teaching Middle School Health** was created in 1996 to assist teachers in providing quality Health Education. Members of the North Carolina Association for the Advancement of Health Education (NCAAHE) have written, reviewed, revised, printed and distributed the manual in collaboration with the North Carolina Comprehensive School Health Training Center. In producing the manual, NCAAHE gave teachers the resources (activities, content, and methods) to implement the competency goals and objectives in ways that are meaningful and relevant to North Carolina students in grades six through eight.

"The Manual is exactly what I needed to teach health to early adolescents...thank you!"

The **Successfully Teaching** manuals reflect the work of public school health teachers, NC Department of Public Instruction consultants in Healthful Living and Healthy Schools, health education coordinators in local schools, public health educators, university professionals in teacher preparation, and professionals with the NC Department of Health and Human Services, who are all dedicated to enhancing Health Education in North Carolina.

"In one day, reluctant teachers (scared of teaching health without a book) turned into excited teachers! I HIGHLY recommend it."

The 2008 edition of the manual, **Successfully Teaching Middle School Health III** has several features that enhance resources for teachers:

- Best Practice: Completed six-step lesson plans, using Effective Teacher Training format, which are age-appropriate and based on building skills for prevention of serious health risks for youth.
- An alignment of the Health Education objectives in the **NC Standard Course of Study in Health Living Education** with the **National Health Education Standards**.
- The integration of health-related fitness to meet those objectives in the Nutrition and Weight Management strand.
- Creative options for assessment
- Guidance for teachers in adapting lessons for ESL and special needs students
- A CD-ROM to increase flexibility in teacher creativity and ability to update materials
- A listing of websites correlated with the twelve serious health risks on which the **NC Standard Course of Study in Health Living Education** is based.
- Options for high-tech and low-tech classrooms
- Games, transparency masters, PowerPoint presentations, masters of handouts, and templates for creating instructional materials.
- FREE regional trainings in September 2008. Dates and locations will be posted this summer!

"The hands-on activities you modeled gave me the confidence I need to make teaching fun."

[Click here to order your copy of *Successfully Teaching Middle School Health III*](#)