



The Alice Aycock Poe Center for Health Education

Curriculum Guide

*Your Guide to Interactive
Health Education for Kids*



OUR MISSION

The Poe Center educates and empowers North Carolina children and youth to make choices that increase positive health behaviors.

OUR VISION

That all North Carolina children and youth become healthy adults.





HOW TO SCHEDULE

Call 919.231.4006, or 866.402.4799 (toll free) or go to www.poehealth.org to submit a scheduling request.

FEES & OTHER DETAILS

Program instruction is delivered at the Poe Center or at your school or community setting and is based on a per student rate.

- \$6 per student for ONE program, or
- \$8 per student for any TWO programs on the same day

PlayWell Park Playground and Cranium Connection visits are FREE when you come to see us at Poe.

To ensure the quality of our instruction, group sizes should be no larger than 60 participants per session.

Groups with less than 25 participants will be charged a minimum fee of \$150 (for 1 program) or \$200 (for 2 programs).

For programming outside the Poe Center a minimal travel fee will be charged for instruction outside of Wake County. Please inquire when you schedule



All programs follow the North Carolina Healthful Living Standard Course of Study.

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IN HOUSE PROGRAMS

Visit the Poe Center!



DENTAL HEALTH THEATER

Sponsored by: *Mr. Big Mouth and his JUMBO set of teeth are the main attraction and help participants to explore the importance of oral hygiene.*



DRUG PREVENTION EDUCATION THEATER

Take a closer look at drug, alcohol and tobacco use and abuse and media influence to gain valuable insights and tools to help participants make healthy choices.

FAMILY LIFE THEATER

Use larger than life 3-D models of the reproductive system to illustrate how the body works. Curriculum adheres to the strict parameters for human growth and development education as prescribed by respective schools and districts.

GENERAL HEALTH THEATER

Sponsored by: **KERR Cares For KIDS**
Foundation

Be amazed by the fantastic exhibitory and props that introduce us to body systems. The visual aids assist in establishing the functions of the body and the importance of keeping it healthy.

NUTRITION & PHYSICAL ACTIVITY THEATER

Sponsored by: **LORD**
AskUsHow™

Step inside the Poe Cafeteria or hop on the Exer-cycle for an interactive look at proper nutrition and the importance of active lifestyles.

OFFSITE PROGRAMS

The Poe Center will come to you!



DENTAL HEALTH

Use interactive programming, engaging props and innovative materials to recognize the importance of good oral hygiene.

DRUG PREVENTION EDUCATION

Learn the dangers associated with illegal substance use and abuse by participating in programming that focuses on the long and short term effects of alcohol, tobacco and marijuana. Practice refusal skills and identify resources for help.

GENERAL HEALTH

Take a closer look at our overall health by examining the importance of learning ways to take care our bodies.

FAMILY LIFE

Help dispel common myths and misconceptions while adhering to the strict parameters for human growth and development education as prescribed by respective schools and districts.

NUTRITION

Step into the world of nutrition by exploring the Food Guide Pyramid, the importance of understanding food labels and the marketing of food products. Programming is interactive and engaging and utilizes realistic food props and eye catching materials.

Educator transportation sponsored by:



Curriculum Guide

DENTAL HEALTH

Happy Teeth!



Preschool, 30 minutes

(Formerly *Brush & Floss! Brush & Floss!*) Join us for Jiggle Wiggle time with Mr. Big Mouth, and learn how to brush and take care of our teeth. Play the healthy snack foods game while learning about key people who help us take care of our teeth making them, Happy Teeth!

Sheriff Tuffy Tooth



Preschool, 30 minutes

Howdy partners...there's a new sheriff in town, and his name is Tuffy Tooth! Learn about the importance of tooth brushing, eating healthy foods and visiting the dentist from Sheriff Tuffy Tooth, a 4-foot high, computerized "talking tooth." A puppet deputy plays a game with the children, and rhymes and songs are used to reinforce learning.

Super Smiles



Kindergarten-1st grade, 45 minutes

After an exciting visit from Mr. Big Mouth, learn the importance of good dental hygiene including eating healthy and brushing teeth properly. Also learn what dental emergencies are and why we should visit the dentist; all so we can have Super Smiles!

Clean and Chompin'!



2nd-3rd grade, 45 minutes

You be the dentist! Practice tooth brushing and flossing on Mr. Big Mouth's extra-large teeth. Pick healthy habits and nutritious snacks to prevent tooth decay. To help reinforce the importance of regular dental check-ups, volunteers create a decay equation explaining how sugar and plaque lead to cavities.

DRUG PREVENTION EDUCATION

Choices & Consequences



4th-5th grade, 60 minutes

Learn the truth about the dangers of inhalants and gateway drugs (tobacco, alcohol and marijuana). Explore the dangers and consequences associated with use and abuse through 3-D exhibits and interactive activities. Look at safe alternatives to using drugs, and participate in an activity using refusal skills.

For the Health of It!



6th-12th grade, 60 minutes

Learn the dangers and consequences associated with drug and alcohol experimentation, use and abuse, deconstruct the media's messages used in tobacco and alcohol advertisements, and explore marijuana myths and facts. Interactive activities, 3-D exhibits and a role play activity are used to reinforce the impact that drug and alcohol use/abuse can have on not only those using but also many others.

What's all the Buzz?!



9th-12th grade, 60 minutes

We live in a world of choices. Explore the risks and consequences associated with decision making; specifically those involving accidents, alcohol and drugs. Engage in a discussion with an individual who has sustained a major life changing brain and/or spinal cord injury as a result of his or her decisions.



= In House



= Offsite

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FAMILY LIFE

Puzzled By Puberty



4th-5th grade, 60 minutes

Engage in an honest conversation regarding the physical, emotional and social changes that occur during puberty. Discuss the structure and function of the male and female reproductive systems, the menstrual cycle and fertilization. Interactive activities and an age appropriate movie reinforce important messages covered during the session.

Facts of Life



6th-8th grade, 60 minutes

Review puberty and the male and female reproductive systems, so participants can discuss the menstrual cycle, fertilization, implantation, fetal development and the birth of a baby. Sexually transmitted infections (including HIV/AIDS) are briefly introduced at the conclusion of the session. Interactive activities, such as a “Survivor Game” and the use of the “Empathy Belly” are utilized to reinforce program content.

Reproduction: Healthy Responsibility



9th-12th grade, 60 minutes

Discuss and encourage the benefits of abstinence until marriage, while investigating the transmission, symptoms and treatment of sexually transmitted infections (STI), including HIV/AIDS. Explore STI and pregnancy prevention methods including failure rates. Utilize interactive activities and the “Empathy Belly” to reinforce messages.



All programs adhere to the strict parameters for human growth and development education as prescribed by respective schools and districts.

GENERAL HEALTH

My Body, My Buddy



Preschool, 30 minutes

Identify eating healthy foods, being physically active and sleeping as ways to take care of our bodies. Organ Annie, along with other puppets and stories, emphasizes the importance of taking good care of the body while highlighting key organs.

It's All About Me



Kindergarten-1st grade, 45 minutes

You are someone special! Learn through a series of hands-on games and activities focusing on that someone special...YOU! Learn how to get help in an emergency and stay safe at home, so you can stay safe while still having fun!

Bones, Joints and Vertebrae... Oh, My!



2nd-3rd grade, 45 minutes

Don't be afraid of this skeletal system as "Seymour" rattles your bones. Learn the function of bones and joints and the importance of keeping them healthy. 3-D models illustrate how the bones support the body, and volunteers help everyone learn the importance of calcium.

Germ Busters!



2nd-3rd grade, 45 minutes

They're everywhere, they're everywhere! What are we talking about...GERMS! Whether it's cold and flu season or just close quarters, germs can spread easily. This interactive experience empowers children with the knowledge to reduce the transmission of these microscopic organisms.



= In House



= Offsite

Curriculum Guide

GENERAL HEALTH *(continued)*

Me, Myself and I



4th-5th grade, 60 minutes

Identify several body systems and what can affect these systems. Explore myths and realities of sunscreen and protective equipment, and learn about the spread of germs and food borne illnesses.

The Body Machine



6th-12th grade, 60 minutes

Delve into the cardiovascular, respiratory, skeletal and digestive systems. Participate in hands on activities, watch video segments and learn just why our body is such an incredible machine.

NUTRITION & PHYSICAL ACTIVITY

Healthy Habits



Kindergarten-1st grade, 45 minutes

Are you ready for an adventure? Join Flora the Food Explorer as she journeys to the Great Food Pyramid, the Poe Cafeteria and Snackville. Learn about the importance of physical activity and heart health during your adventures, too!

Fantastic Foods



2nd-3rd grade, 45 minutes

Meet the Food Super Heroes! Chief Carbohydrate, Officer Protein and Colonel Fat are just a few of the Nutrient Super Six. Take the serving size challenge, figure out food labels and understand how television may influence food choices.

Play Hard Stay Fit



2nd-3rd grade, 45 minutes

Is “play” physical activity? This session will examine the questions of “What is exercise?” and “What does it mean to be healthy or unhealthy?” Explore the Activity Pyramid to discover personal fitness likes and dislikes and the risks associated with poor health behaviors. Do this while learning how physical activity benefits every aspect of life.

FITT for Life



4th-5th grade, 60 minutes

You'll feel great after taking this program as we introduce the importance of regular physical activity. Experience the balance between eating and physical activity. Educators reinforce the benefits of having an active lifestyle and encourage students to make a lifelong commitment to health.

Food for Thought



4th-5th grade, 60 minutes

Have you ever heard... Why do we need food? What is a carbohydrate? What is energy? How does the media influence our food choices? Are all body types the same? Are diets healthy? If the answer is "yes," sign up today, and not only learn the answers to these questions, but also learn the importance of carbohydrates, protein, fat and the Food Guide Pyramid.

Mission Nutrition



6th-8th grade, 60 minutes

Investigate the relationship between nutrition, physical activity and the marketing of food. Unravel the mystery behind advertising and the importance of accurately reading food labels. Learn about body image, fad dieting, eating disorders and diseases associated with unhealthy lifestyles. A discussion emphasizes the importance of balancing caloric intake and caloric output in order to maintain a healthy weight, so participants leave on a mission for good nutrition!

Wellness Works



9th-12th grade, 60 minutes

Learn the importance of committing to a life of healthy habits and focus on preventable measures necessary to avoid various chronic diseases. Review data that reflects the current obesity trends among Americans and examine the potential causes. The "Restaurant Activity" sheds light on the pitfalls of eating out while dispelling common myths and emphasizing portion sizes.





SUMMER PROGRAMS

The Poe Center offers a series of programs designed for the summer session. These programs do not follow the North Carolina Healthful Living Standard Course of Study.

DRUG PREVENTION EDUCATION

It's Up to You!



3rd-5th grade, 45 minutes

Learn about "Gateway Drugs" and their effects on the body in a fun and engaging session. Interactive activities and media clips illustrate key concepts. This information on drug-free choices will help keep children on the right track!

GENERAL HEALTH

Summertime Safety



Kindergarten-2nd grade, 45 minutes

Learn important safety tips for summertime. Sun protection, water safety and identifying poison ivy are a few of the lessons learned. Stay safe and healthy in the sun while still having fun!

Safe Fun in the Hot Sun



3rd-5th grade, 45 minutes

Focus on summer safety, and learn about protection from the sun, signs of overheating and dehydration, safe summertime exercise and nutrition, poisonous plants, bug bites and more. Be active, stay safe and keep the fun in summer!

NUTRITION & PHYSICAL ACTIVITY

Fitness is Fun



Kindergarten-2nd grade, 45 minutes

The emphasis is on fun! Learn about the activity pyramid and why being active is so important. Play a game to learn how to pack a tasty yet nutritious lunch.

Menus, Muscles and More



3rd-5th grade, 45 minutes

Review Food Guide Pyramids and participate in a practical restaurant activity that addresses hidden sources of fat. Ride the Exer-cyle and watch the calories in versus calories out formula in action.

DENTAL HEALTH

Teeth Are Goofy



Kindergarten-2nd grade, 45 minutes

The Disney character Goofy® helps us understand the importance of good oral hygiene. Play the “Teeth are Goofy” game, and learn about good oral hygiene.

PoeSITIVE FEEDBACK

What teachers are saying about the Poe Center:

“The lesson was very interactive and kept students engaged. I love the packet of follow up information.”

“Liked the visuals, the teacher was great. Thank you for providing such a fun, comprehensive program!”

“You did a great job keeping the students involved. Material was age appropriate and was explained so that they could understand. Way to go!”

“Wonderful field trip! We had a blast!”

“This was a great program. I will make sure we bring other groups now that I have seen how effective this field trip was. I will encourage others to take this trip at my school as well.”

“The materials should help them forever.”

“It was kid friendly and kept students engaged. It was relevant to their daily lives. The teacher was fun and energetic. Thanks for coming. Please come back next year!”

“Thank you for always having such well-organized programs! We can always depend on a great experience!”



DRUGS UNCOVERED: WHAT PARENTS NEED TO KNOW!

Parents, educators and other interested adults learn current drug trends, signs of substance use and abuse and how to talk to children and teens about drugs, alcohol and tobacco. Explore our model teen's bedroom, and try to identify easily accessible things children and teens are using to conceal, promote and abuse drugs, alcohol and tobacco. Adults only!

Program

- 2 Hour Program for ADULTS ONLY
- Explore a teen's bedroom for signs of substance use
- Learn Current Drug Trends
- Identify Signs of Substance Abuse
- Learn How to Talk to Kids About the Danger of Substances Use/Abuse

Maximum Participants

- 100 per session

Cost*

\$400 per session in Wake County, \$600 per session outside Wake County

Additional materials available for \$10.

Additional travel charges apply for locations outside Wake County; please ask for details.

** Schools/Organizations are able to charge participants an admission fee to recover cost or to use program as a fundraiser.*

** Parents/Corporations/Foundations can sponsor program for their school or organization.*

Facility Requirements

Seating for participants in presentation room
(auditorium, gym, cafeteria, etc.)

Power outlet in presentation room

Exhibit space of 20 feet by 20 feet

For more information or to schedule, call 1-866-402-4799 (toll free) or 919-231-4006 (local).



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1-866-403-4799 Toll Free | (919) 231-4006 Local
(919) 231-4315 fax | info@poehealth.org
www.poehealth.org

Our website offers more information about our programs, including the objectives that they meet based on North Carolina's Standard Course of Study.

You can also find supplemental materials and activities as well as valuable resources for parents, teachers, kids and teens.

Curriculum Guide Sponsored By:

