



The Poe Center’s curriculum follows the NC DPI Essential Standards for Healthful Living Education. Our programs help N.C. educators meet these Essential Standards.

Program Directory:

Preschool

*Food Friends**

Grade Level: Preschool | **Program Length:** 30 minutes

We need food from every food group every day. Preschoolers will learn when to eat and what to eat through age appropriate songs, rhymes and pretend play. Children identify healthy and less healthy food choices with the help of “Healthy Harry” and “Grumpy Gus” puppets; use “Poe pretend-food” to plan and safely prepare a balanced meal. The importance of trying at least “just one bite” of new foods will also be addressed!

*Grow It, Try It, Like It**

Grade Level: Preschool | **Program Length:** 7 sessions, 30 minutes each

Grow it, Try It, Like It is a garden-themed nutrition education series for preschoolers. The seven session series introduces children to: three fruits – peaches, strawberries, and cantaloupe, and three vegetables – spinach, sweet potatoes, and crookneck squash. The 30 minute sessions include tasting fruits and vegetables while incorporating physical activity, literacy, songs and nutrition education activities that introduce MyPlate. Promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

My Body, My Buddy

Grade Level: Preschool | **Program Length:** 30 minutes

Young children identify eating healthy foods, being physically active and sleeping as ways to take care of their bodies. Organ Annie helps emphasize the importance of taking good care of the body while highlighting our key organs.

Sheriff Tuffy Tooth

Grade Level: Preschool – 1st | **Program Length:** 30 minutes

Sheriff Tuffy Tooth really speaks to kids about the importance of tooth brushing, eating healthy foods and visiting the dentist. Invite the Sheriff, an animated, talking tooth and his deputy, “Bucky the Horse,” to visit your school or group for a one-of-a-kind experience!

Bully Free Friends: Everyone’s A Star

Grade Level: Preschool – 1st | **Program Length:** 30 minutes

“Angie Apple”, “Curtis Carrot” and “Star Fruit” introduce preschoolers and their caregivers to the importance of healthy and effective interpersonal communication and relationships. Specially designed puppets will explain how to recognize bullying, teasing, and aggressive behaviors and address appropriate ways to respond.

Kindergarten – 1st Grade

*Healthy Habits**

Grade Level: Kindergarten – 1st | **Program Length:** 45 minutes

Are you ready for an adventure? Discover the importance of healthy habits, check out what foods belong on “MyPlate” and visit the Poe Cafeteria. Learn about the importance of physical activity and heart health during your expedition, too!

*Growing Healthy Kids**

Grade Level: 1st– 2nd | **Program Length:** 12 sessions, 60 minutes each

Growing Healthy Kids is designed to help students learn about gardening, health, and plant biology in a fun and interactive environment. This program consists of 12 lessons with an overall goal of increasing your child’s exposure to fruits and vegetables. Each lesson includes physical activity, music and a snack.

It’s All About Me!

Grade Level: Kindergarten – 1st | **Program Length:** 45 minutes

You are someone special! Through a series of hands-on activities and games, this program illustrates the message of protecting yourself from the everyday dangers of daily activities. Learn how to stay safe and healthy while still having fun!

GermBusters

Grade Level: K – 3rd | **Program Length:** 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. Through this interactive experience, empower your students with the knowledge to reduce the transmission of these microscopic organisms. **Please note:** *Content and presentation are adjusted to suit the learning needs of kindergarten through 1st grade and 2nd grade through 3rd grade.*

Super Smiles!

Grade Level: Kindergarten – 1st | **Program Length:** 45 minutes

An exciting visit from Mr. Big Mouth will teach students the importance of proper brushing and flossing. Students play “Move It and Lose It” to demonstrate the exchange of primary teeth for permanent teeth. Annie and Moby™ take them on a visit to the dentist and a special guest, Captain Clean-Teeth, helps them leave this fun program with... Super Smiles!

*Fantastic Foods**

Grade Level: 2nd – 3rd | **Program Length:** 45 minutes

Meet the Food Super Heroes! Chief Carbohydrate, Officer Protein and Sergeant Mineral are just a few of the Nutrient Super Six. Participants will also enjoy the serving size challenge, figuring out food labels and understanding what the best choices are for “MyPlate”.

*Play Hard, Stay Fit**

Grade Level: 2nd – 3rd | **Program Length:** 45 minutes

Is “play” physical activity? You bet! This session will examine the questions of “What is exercise?” and “What does it mean to be healthy or unhealthy?” Participants experience the correlation between nutrition and physical activity; calories in = calories out. They will discover their personal fitness likes and dislikes and the risks associated with poor health behaviors while learning how physical activity benefits every aspect of their lives.

*Growing Healthy Kids**

Grade Level: 1st– 2nd | **Program Length:** 12 sessions, 60 minutes each

Growing Healthy Kids is designed to help students learn about gardening, health, and plant biology in a fun and interactive environment. This program consists of 12 lessons with an overall goal of increasing your child’s exposure to fruits and vegetables. Each lesson includes physical activity, music and a snack.

*Wholesome Routines**

Grade Level: 3rd – 5th | **Program Length:** 6 sessions per series, 45 to 60 minutes each

Wholesome Routines is a comprehensive nutrition and physical activity education program. This program consists of 6 lessons with an overall goal of promoting healthy eating and physical activity. Through classroom lessons, games, skits and activities, participating students will learn to be healthy and fit...in a fun way! Lessons include developing healthy habits, reviewing MyPlate and nutrients, importance of physical activity and good hydration, learning to read food labels and understanding serving size, and how to maintain a healthy body weight. This is a three year series, which starts with third grade students and continues with them through fifth grade.

GermBusters

Grade Level: K – 3rd | **Program Length:** 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. Through this interactive experience, empower your students with the knowledge to reduce the transmission of these microscopic organisms. **Please note:** *Content and presentation are adjusted to suit the learning needs of kindergarten through 1st grade and 2nd grade through 3rd grade.*

Bones, Joints and Vertebrae...Oh My!

Grade Level: 2nd – 3rd | **Program Length:** 45 minutes

Don’t be afraid of this skeletal session. Participants learn the function of bones and the importance of keeping them healthy. 3-D models illustrate how the bones support the body. Volunteers demonstrate how to keep the spine in-line.

Clean and Chompin’!

Grade Level: 2nd – 3rd | **Program Length:** 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 will create a decay equation explaining how sugar and plaque lead to cavities.

4th – 5th Grade

*Food for Thought**

Grade Level: 4th – 5th | **Program Length:** 60 minutes

Have your students ever asked... Why do we need food? What is “MyPlate”? What are the different food groups and do I need to eat foods from all of them? How does media influence food choices? Are all body types the same? Is dieting healthy? If you said yes to any of these questions, don’t give it a second thought; sign up for this program today. The session will answer each of these questions and more.

*“FITT” for Life**

Grade Level: 4th – 5th | **Program Length:** 60 minutes

You’ll feel great after taking this program as we introduce the importance of regular physical activity. Participants will experience the balance between eating and exercise while reinforcing the benefits of an active lifestyle. This program introduces the different levels of exercise as well as the components of a good athlete. We encourage participants to make a lifelong commitment to their health.

*Wholesome Routines**

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Decisions... Decisions...

Grade Level: 4th – 5th | **Program Length:** 60 minutes

How do I deal with my stress? What do I say to my friends who are pressuring me to cheat? How do I get my turn on the computer when my sibling is always hogging it? *Decisions... Decisions...* is designed to help kids with these every-day situations by teaching a decision making frame work for dealing with stress, conflict and peer pressure. Participants will travel into their future and recognize how decisions today will help them achieve their dreams. Making difficult decisions ahead of time will help participants plan for plenty of rest, negotiating win-win solutions and take an assertive stand against peer pressure among other empowering strategies.

Mission POE-ssible

Grade Level: 4th – 5th | **Program Length:** 60 minutes

Take a journey to learn and explore the human body. Participants will identify several body systems as well as learn about what can affect these systems. Secret agents (participants) are tasked with a mission to defeat some of the saboteurs of our body systems. Agents have to make choices and answer questions along the way to complete the mission. The exhibits and activities provide the agents with opportunities to get into the concepts and see their systems “up close”. Participants explore myths and realities of sunscreen, learn the importance of protective equipment and learn about the spread of germs and food borne illnesses.

Don't Stand By: Be a H.E.R.O.

Grade Level: 4th – 5th | Program Length: 60 minutes

Research suggests that the majority of children involved in bullying are the bystanders. “Don’t Stand By” uses an intervention strategy that focuses time and skill building to help bystanders stand up and speak up when it comes to bullying in their schools, neighborhoods and communities. This interactive program allows participants many opportunities for discussion and problem-solving.

Choices & Consequences

Grade Level: 5th | **Program Length:** 60 minutes

Students will learn the truth about the dangers of inhalants and the gateway drugs (tobacco, alcohol and marijuana) through an interactive classroom game modeled after the popular television program, *Are You Smarter Than a 5th Grader?* The dangers and consequences associated with use and abuse will be discussed through the use of exhibits, BrainPop videos and interactive activities. Students will conclude the session with participation in an activity reinforcing refusal skills.

Puberty Detectives

Grade Level: 4th | **Program Length:** 60 minutes

Start the conversation about puberty and entering adolescence. Students step into the role of a detective as they learn to respect the differences of others, find the clues to determine the qualities of healthy and unhealthy relationships and investigate the physical, emotional and social changes related to puberty. Several interactive activities enhance the experience of the participant’s “training” before becoming an official Poe Center Puberty Detective.

Puzzled by Puberty

Grade Level: 5th | **Program Length:** 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 program.

The Poe Center is a health education center located in Raleigh, NC. Since opening our doors in 1991, the Poe Center has provided innovative health education programming to over 1,000,000 North Carolinians from 90 counties.

Our Mission: The mission of the Poe Center for Health Education is to educate and empower North Carolina children, youth and their families to make choices that increase positive health behaviors.

Our Vision: The vision of the Poe Center for Health Education is that all North Carolina children and youth become healthy adults.

The Poe Center's curriculum follows the NC DPI Essential Standards for Healthful Living Education. Our programs help N.C. educators meet these Essential Standards.

Our goal is to help YOU meet YOUR health education goals!

The Poe Center knows health education. We offer North Carolina youth a curriculum designed by a diverse group of health professionals who specialize in education. With unique, interactive, fun programs, we give children and teens the tools they need to make healthy choices for a healthier future.

Program Fees:

The standard fee for Poe Center programming is:

- \$7.00 per student for one program (for sessions with 25 or more students) or \$175.00 per group for one program (if less than 25 students are in attendance).
- \$11.00 per student for two programs on the same day (for sessions with 25 or more students) or \$275.00 per group for two programs on the same day (if less than 25 students are in attendance).

**\$25.00 Offsite Processing Fee will apply for all programming delivered outside of the Poe Center facility.*

**Travel charges will apply for programming delivered outside of Wake County.*

Free Programs? Do you qualify?

If more than 50% of your student body qualifies for or receives a free or reduced price lunch, your school is eligible to receive **FREE** physical activity and nutrition programming! Programs included in this offer are noted with an (*) following their program title. In addition, if you schedule a free program you are able to schedule a second program of your choice (on the same day) for a reduced rate of \$5.00 per student or \$125.00 per group (if less than 25 students are in attendance).

Alice Aycock Poe Center for Health Education

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Facility Hours:
M – F 8:30 a.m. – 5:00 p.m.