



Health Education



SPARK has selected **Healthy Lifestyle Choices** (HLC) as their exclusive Health Education partner. HLC is a cross-curricular program with a behavioral focus that has been proven to significantly increase health knowledge and positively impact youth behavior.

HLC's curriculum is flexible and provides a variety of scheduling/implementation options for busy elementary teachers. The lessons can have their own "stand alone" time or be integrated into other core subjects including the physical education class. HLC meets all of the National Health Education Standards, is easy to use, requires few supplies, and every lesson includes an after school/summer camp activity.

Program Components

Healthy Lifestyle Choices Curriculum

HLC's Behavioral-Health Curriculum empowers youth with the knowledge and skills to make healthier choices in six critical areas: decision-making/goal setting, nutrition, fitness, violence prevention, safety and substance abuse prevention. Each grade-specific curriculum binder covers six units that include twenty-four 45-minute lessons. The binders also include additional lesson boosting activities that can be used to strengthen and reinforce each lesson's key message, as well as teacher assessment tools and student self-assessment and reflection exercises.

Training and Continuous Support

HLC provides free on-line training and web-based resources, including virtual trainings, color downloads, video games, parent information, password protected lesson updates/additions, media messages, answer keys to class activities, and current outcomes from external HLC evaluations.

National Health Education Standards (NHES)

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health
2. Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors
3. Students will demonstrate the ability to access valid information and products and services to enhance health
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
5. Students will demonstrate the ability to use decision-making skills to enhance health
6. Students will demonstrate the ability to use goal-setting skills to enhance health
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
8. Students will demonstrate the ability to advocate for personal, family and community health

**To Order
or for any
questions**

**Please see our
Contact Information
on back**



Scope & Sequence

This chart aligns each HLC unit with revised National Health Education Standards (NHES).

	Grade K	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
LIFE SKILLS	NHES: 1, 4, 5, 6	NHES: 1, 4, 5, 6, 7	NHES: 1, 4, 5, 6, 7	NHES: 1, 4, 5, 6	NHES: 1, 2, 4, 5, 6	NHES: 1, 4, 5, 6, 7	NHES: 1, 2, 4, 5, 6
CONFLICT RESOLUTION	NHES: 1, 4	NHES: 1, 2, 4	NHES: 1, 2, 4, 7	NHES: 1, 2, 4, 5, 7	NHES: 1, 2, 4, 5	NHES: 1, 4, 7	NHES: 1, 2, 4, 6, 7
NUTRITION	NHES: 1, 3, 5, 7	NHES: 1, 2, 3, 5, 7	NHES: 1, 3, 6, 7	NHES: 1, 3, 5, 6, 7	NHES: 1, 2, 3	NHES: 1, 2, 3, 6, 7, 8	NHES: 1, 2, 3, 7
SUBSTANCE ABUSE PREVENTION	NHES: 1, 3, 4, 7	NHES: 1, 2, 4, 5, 7	NHES: 1, 2, 4, 5, 7, 8	NHES: 1, 2, 3, 4, 7	NHES: 1, 2, 4, 5, 7	NHES: 1, 2, 4, 7, 8	NHES: 1, 2, 4, 5, 7, 8
SAFETY	NHES: 1, 4, 5, 7	NHES: 1, 4, 5, 7, 8	NHES: 1, 3, 4, 7	NHES: 1, 3, 4, 5, 7	NHES: 1, 4, 7, 8	NHES: 1, 8	NHES: 1, 5, 6, 7
FITNESS	NHES: 1, 4, 7	NHES: 1, 6, 7	NHES: 1, 6, 7	NHES: 1, 6, 7	NHES: 1, 7, 8	NHES: 1, 2, 7	NHES: 1, 4, 7, 8





Healthy Lifestyle Choices Order Form



1

Choose the Instructional Materials you want, and multiply by the quantity to find the subtotal

Item #	Title	Unit Price	Qty.	Sub Total
2-1301334-201	HLC Program: Pre-K	\$249.00	x	=
2-1301335-201	HLC Program: Grade K	\$249.00	x	=
2-1301337-201	HLC Program: Grade 1	\$249.00	x	=
2-1301338-201	HLC Program: Grade 2	\$249.00	x	=
2-1301339-201	HLC Program: Grade 3	\$249.00	x	=
2-1301340-201	HLC Program: Grade 4	\$249.00	x	=
2-1301341-201	HLC Program: Grade 5	\$249.00	x	=
2-1301342-201	HLC Program: Grade 6	\$249.00	x	=
2-1301336-201	HLC Program Big Book	\$89.95	x	=

MERCHANDISE SUBTOTAL

If tax exempt, please provide tax exemption #: _____

Shipping & Handling <i>(Flat rate per item)</i>	Curriculum Manual: \$12.00 Big Book: \$10.00
Sales Tax: (CA, CT, FL, GA, IN, KY, LA, MA, MI, NC, NY, OH, SD, TN, TX, WI residents)	

ORDER TOTAL

Prices include lifetime consultation and support from SPARK!

2

Choose your Method of Payment

▶ **Check or Money Order made payable to:**
The SPARK Programs (Tax ID#: 223476939)
Check Number _____

▶ **Purchase Order Number** _____

▶ **Type of Credit Card** _____

Credit Card # _____

Expiration Date _____

Exact Name on Card _____

Signature _____

Ordering Information

Questions? 1-800-SPARK-PE
By Fax: 920-993-4375
By E-mail: spark@sparkpe.org
By Mail: Send order & payment to:
 The SPARK Programs
 438 Camino Del Rio South, Suite 110
 San Diego, CA 92108
Current client? Yes No

3

Enter your Billing and Shipping Addresses

Billing Address

Name _____
 Agency Name _____
 Address _____
 City _____
 State _____ Zip _____
 Daytime Phone # _____
 E-Mail Address _____

Shipping Address
(if different than Billing)

Name _____
 Agency Name _____
 Address _____
 City _____
 State _____ Zip _____
 Daytime Phone # _____
 E-Mail Address _____

- Please allow up to 6 weeks for delivery
- Please supply an e-mail address; once your order is processed you will receive an order confirmation by e-mail.
- Please provide physical shipping address; will not deliver to PO boxes
- If shipping to International destinations, contact SPARK for current shipping rates.
- Once books are shipped in the quantity requested, SPARK cannot take them back and provide refund.
- Please do not provide a credit card number in your e-mail message!! The internet can be a wonderful tool, but unencrypted e-mail is not secure enough to protect your credit card number. We want you as a customer, but we don't want you in a position where you might give up important, private data like your credit card number.

For Internal Use Only

Order #: _____
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