



Malden Public Schools



K-12 Health Curriculum

Listening Session

March 31, 2025

Include and Collaborate • Embrace Growth • Do Right by All Kids



Health Curriculum Team Members



Charlie Conefrey

Director of Athletics/Physical &
Health Education



Erin Craven

Director of School Counseling,
Testing & Academic Support



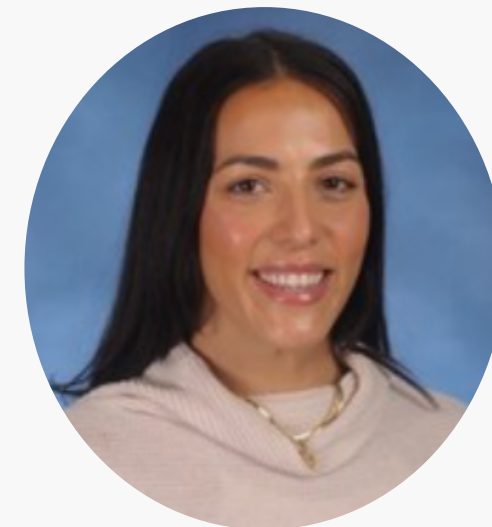
Patrick Healey

High School Grades 9-12 Health
Educator



Devon Pattershall

Middle School Grades 5-8 Health
Educator



Samantha Souza

Elementary School Grades K-4
Health Educator

Health Educators Across the District

Elementary School K-4

- 5 health educators across the district, one at each K-8 school

Middle School 5-8

- 5 health educators across the district, one at each K-8 school

High School 9-12

- 2 health educators at Malden High School

Total of 12 health educators currently in Malden Public Schools



Key Aspects of Curriculum

- **Skills Based** - critical health skills that will help children and teens achieve healthy behavior outcomes across all health content areas. To teach and assess these skills we are looking for a curriculum that includes these key features:
 - Introduce
 - Explain
 - Model
 - Practice
 - Assess
- **Evidence based** - science and research informed approach
- **MA Curriculum Frameworks Aligned**
- **Digital version available**
- **Multiple languages built in already**
- **LMS (Aspen and/or Google Classroom) compatible**



Goal of K-12 Health Curriculum Review Process



We're looking for a curriculum that is comprehensive in the following categories in the Massachusetts Health

Curriculum Frameworks:

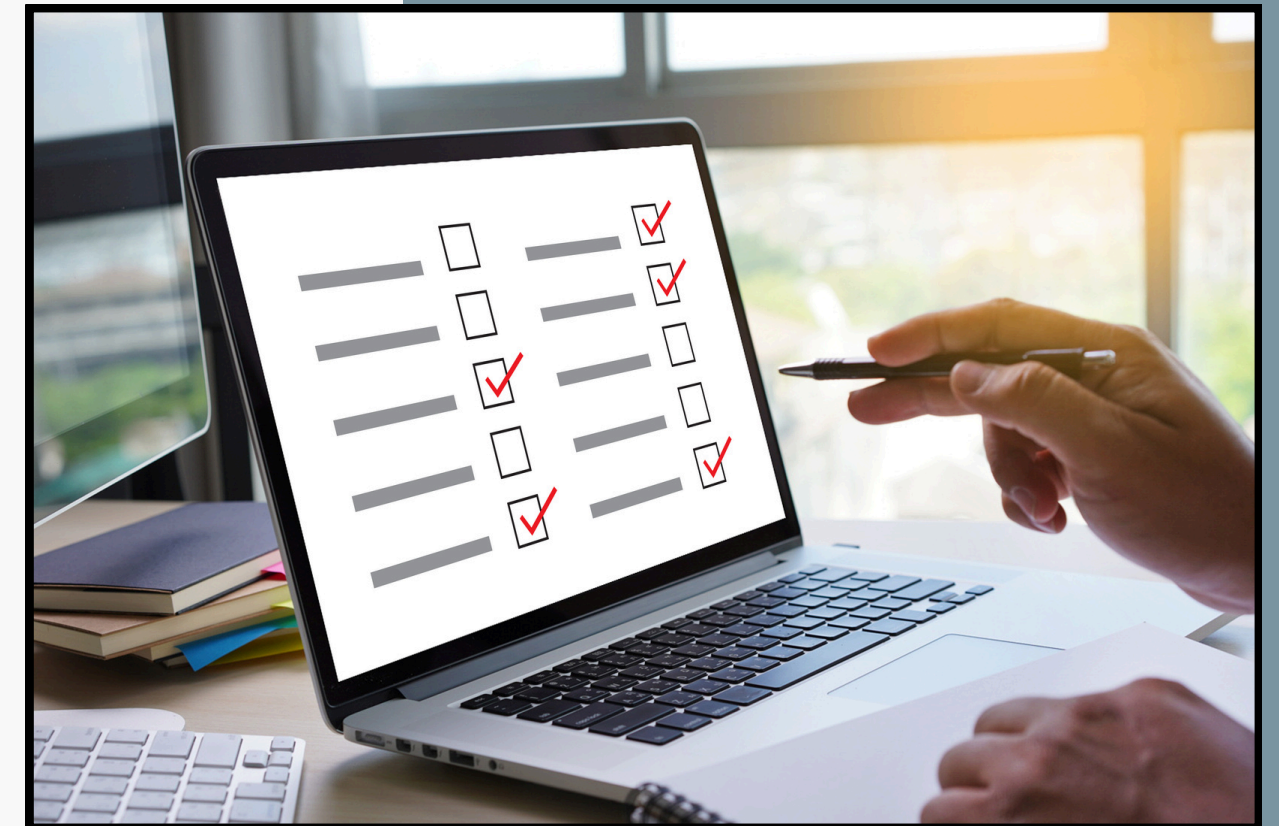
DESE Categories

- (GS) - Gender, Sexual Orientation, and Sexual Health
- (MH) - Mental and Emotional Health
- (HR) - Healthy Relationships
- (PH) - Physical Health and Hygiene
- (PS) - Personal Safety
- (PH) - Physical Health and Hygiene
- (PF) - Physical Activity and Fitness
- (NE) - Nutrition and Balanced Eating
- (CE) - Community and Environmental Health
- (SU) - Substance Use and Misuse



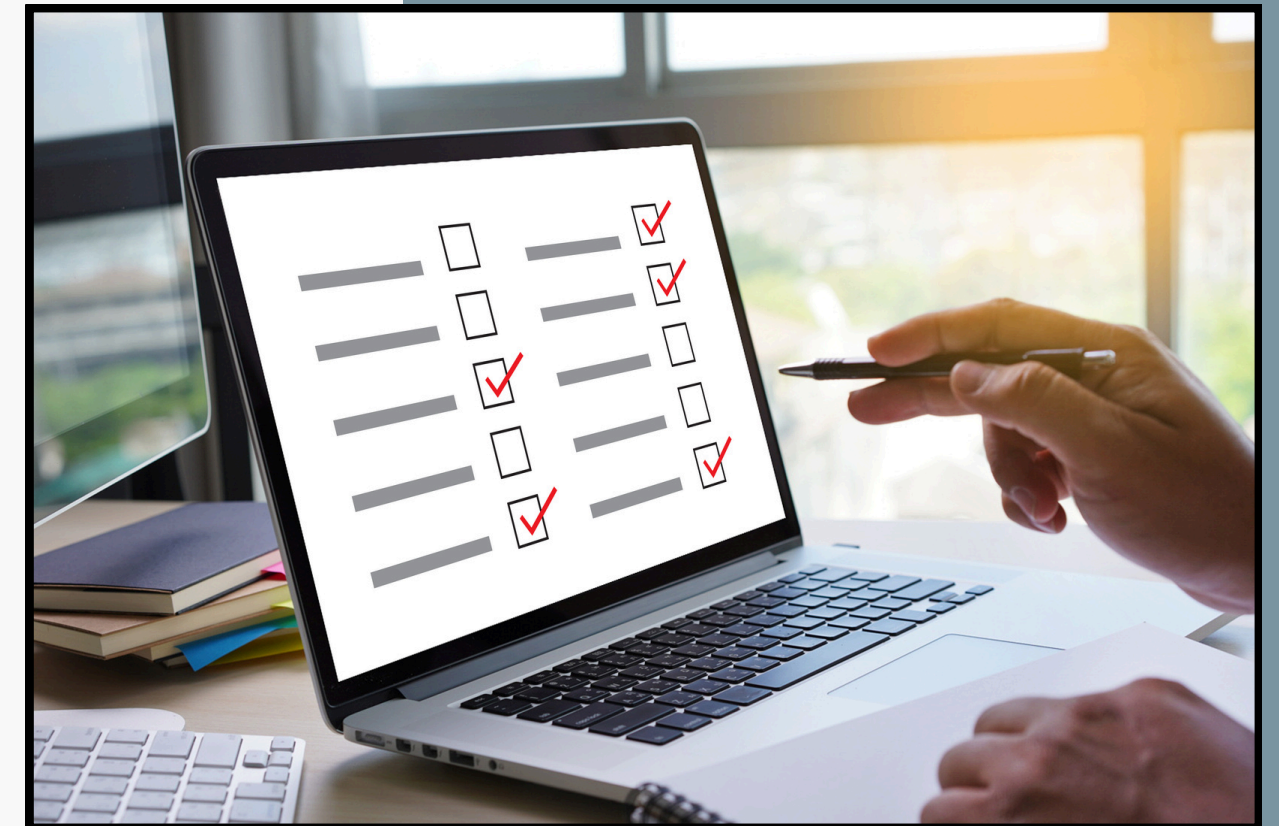
Caregiver Survey - Results

- Overview - Main Thoughts
- Common Ground and Differences
- Categories - Themes ordered by relevance
- Talking Points



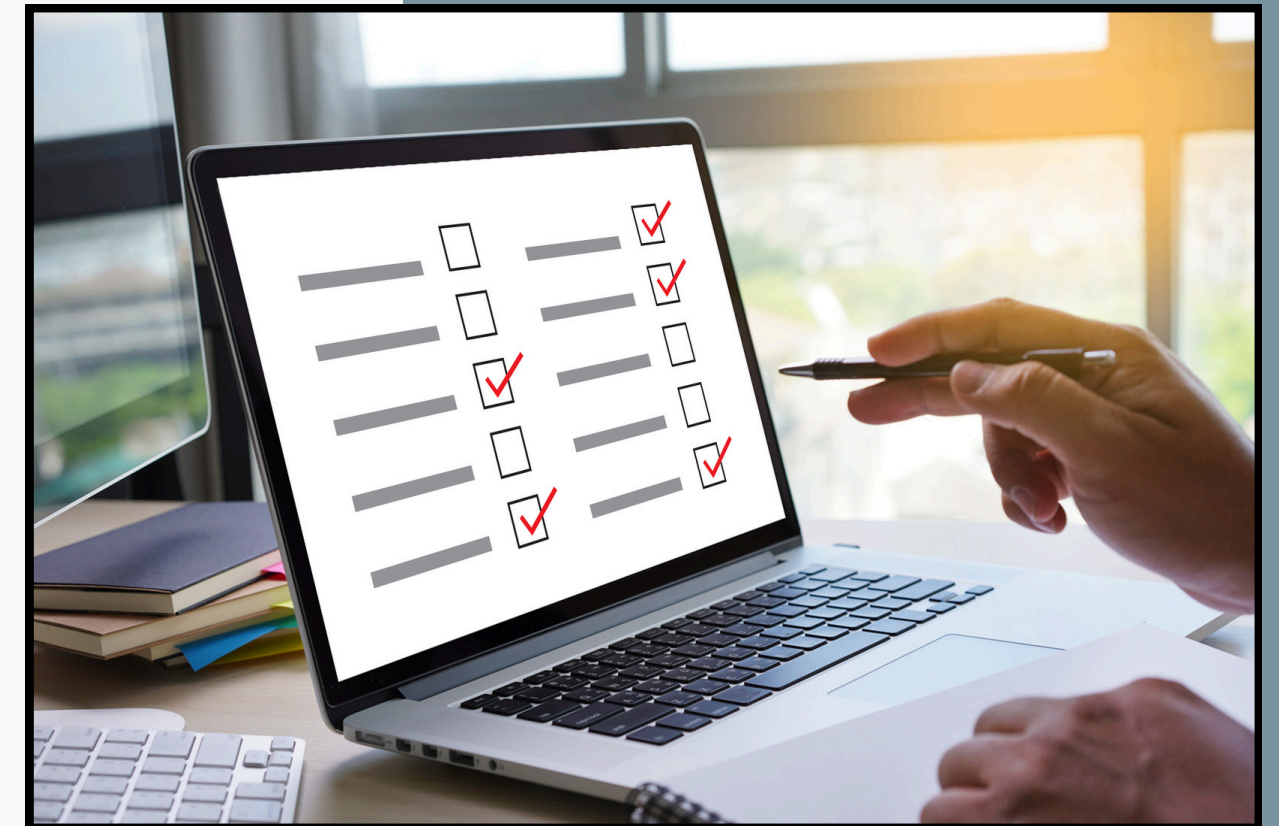
Survey

- District-wide Survey administered in January
- Questions & responses provided through Thought Exchange, which allowed for accessibility in 100+ languages



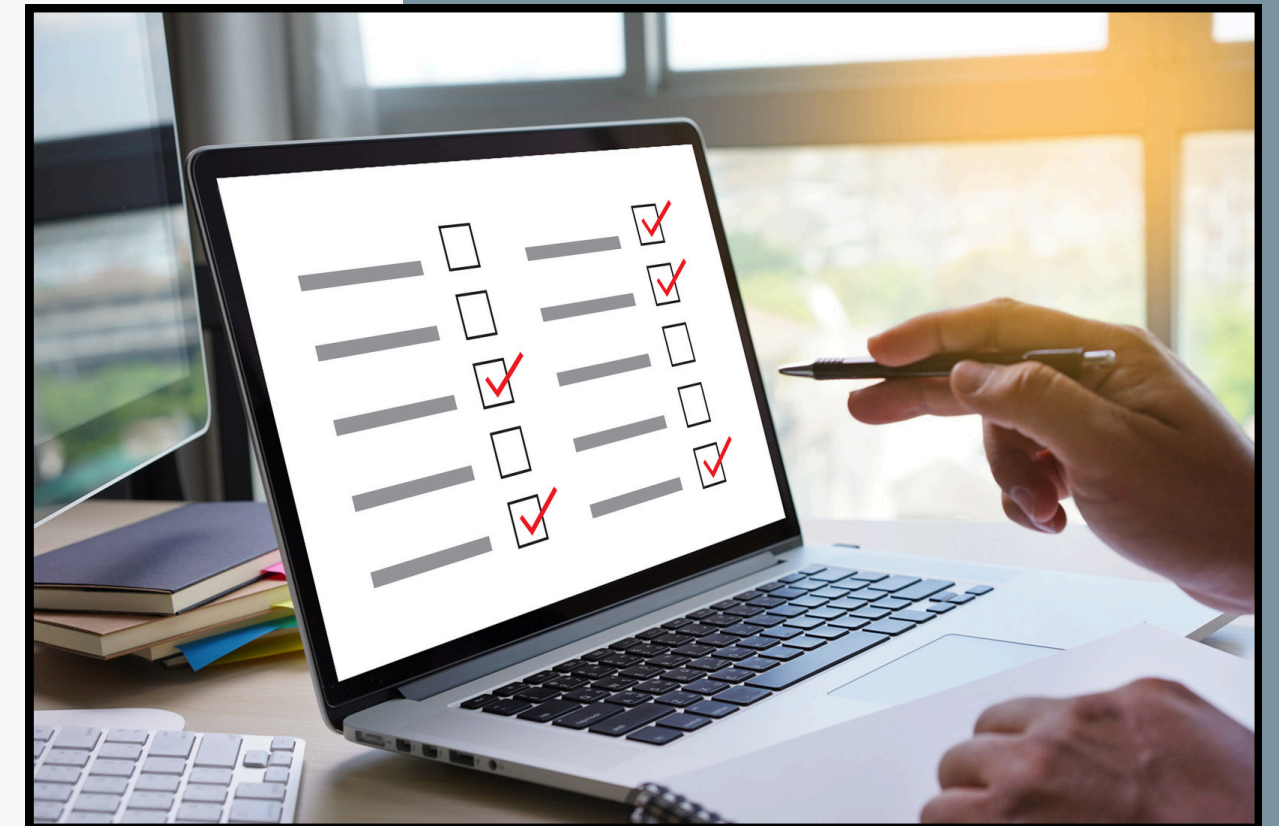
Top Themes from Survey

- Curriculum Clarity
- Sexual Health Education
- Mental and Emotional Health
- Nutrition and Balanced Eating



Survey results: Curriculum Clarity

- Families reported a lack of clarity regarding Physical Education and Health curriculum
- Families asked for more information about what their children are learning
- Families noted that regular updates/previews of the curriculum could help bridge this gap



Survey results: Sexual Health Education

- Some families expressed a need for age-appropriate, inclusive instruction on puberty, contraception, and sexual health
- Some families expressed a belief that sex education should be the responsibility of parents/caregivers, not schools
- Families appreciated flexibility to opt-out of school-based sex education programming
- Families express that clear communication is important in relation to this topic

Family Survey Results: Mental and Emotional Health

- Families express a need for more comprehensive and relevant content on bullying, mental health challenges, and social-emotional learning
- Families express doubts about whether the curriculum or the accompanying professional development adequately prepares students to navigate contemporary mental health challenges
- Overall call for a more robust and impactful mental health curriculum



Family Survey Results: Nutrition and Balanced Eating

- Families express a desire for more practical and inclusive nutrition education; specific requests included:
 - Emphasis on making healthy food choices beyond basic dietary guidelines
 - Concerns about mixed messaging, diet culture, and anti-fat bias
 - A few requests for “comprehensive nutrition education” that supports all students’ needs



Thought Exchange: Question 1

SCAN ME



As we consider our curriculum adoption, what resonates from our survey analysis?

What would you add?

<https://tejoin.com/scroll/785588691>

Thought Exchange:

Question 2

What would be the most effective ways for us to communicate regularly with families about topics in the curriculum next year?

At what frequency?

(More email newsletters? Fewer emails, but website-based resources that families can preview?)

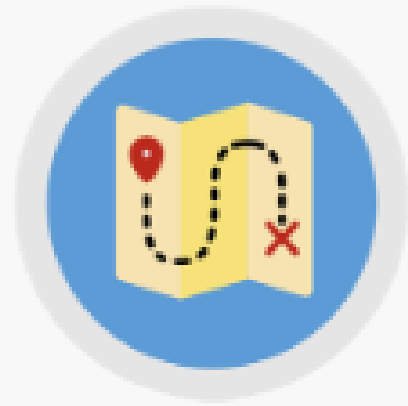
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SCAN ME



DESE “Implement MA”

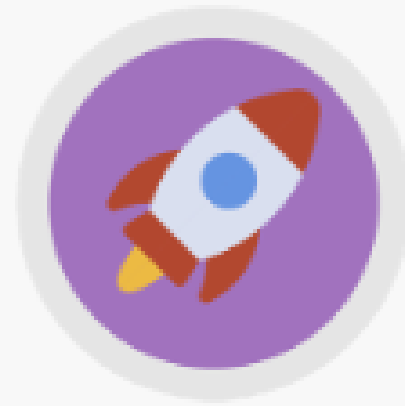
Curriculum Selection and Adoption Process



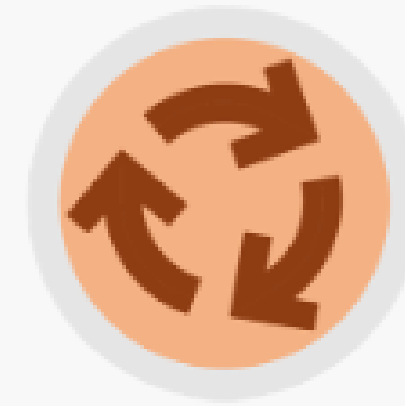
LEARN
& PREPARE



INVESTIGATE
& SELECT



LAUNCH



IMPLEMENT
& MONITOR



MALDEN
Athletics & Wellness Dept.

DESE ImplementMA Process



November - December	December	January - February	March - April	May	June - August
We evaluate our existing materials and ready to begin the selection process.	We have already established a Curriculum Council, Instructional Vision, and Identified parameters and priorities.	Evaluations of Curricular Programs, starting with DESE list of recommendations Analyze family input	Family Input session Pilots, Selection Committee Consensus Building	Selection & Recommendation of New Curriculum	Acquisition, Distribution and Training of Curricula



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Thank you



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