

# **CTE Choice Programs Sexual Health Health/Fitness**

3900 Broadway  
Everett, WA 98201  
[www.everettsd.org](http://www.everettsd.org)





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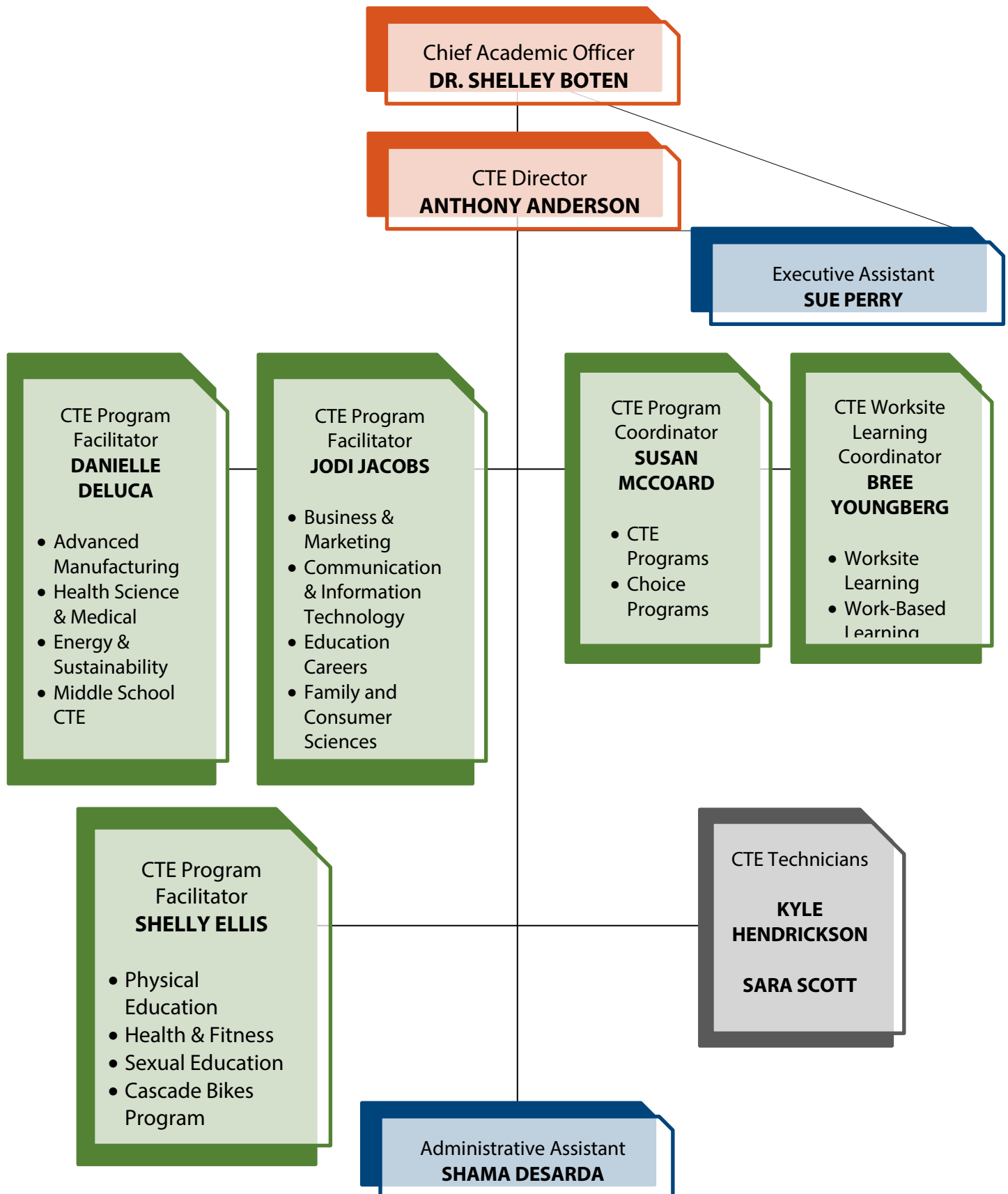
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## TEAM FLOWCHART

The Career and Technical Education, STEM, and Health and Fitness team are housed within the Academics department, reporting to Anthony Anderson and Dr. Shelley Boten.



## **CAREER AND TECHNICAL EDUCATION (CTE) OVERVIEW**

The district's Career and Technical Education (CTE) program emphasizes academics as well as real-world and real-life skills. Our district's CTE program introduce students to regional careers in high demand. In today's economy, most of these careers are in STEM-related fields. To open pathways to opportunity, CTE learning aligns with both industry and academic standards. Students may choose to pursue a range of credential opportunities after high school. These can include certificate and apprenticeship programs, and associate and bachelor's degree programs.

In the past, CTE courses - traditionally known as vocational courses - were purely technical in nature. Today's CTE courses integrate both academic and industry standards. The majority of Everett Public Schools' CTE courses include equivalencies to core academic courses.

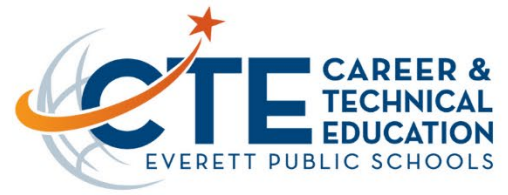
Career and Technical Student Organizations (CTSOs) enriched students' classroom learning by experiences outside of school. The district offers after school, or extended learning programs in which students improve academically while discovering their passions for learning and careers. Career and Technical Student Organization (CTSO) chapters thrive at each middle and high school. By participating in CTOSs, students practice leadership, engage in competitions, and explore career possibilities.

CTE programs are funded through apportionments from federal funds (Perkins) as well as Washington state CTE funds.

The Career Technical Education (CTE) General Advisory Council helps plan the training of our future workforce. The CTE General Advisory Council includes representatives from regional, high-demand industry sectors, and their guidance helps to ensure students are learning the most current workplace skills. Council members provide strategic direction, context and information that define and refine the district's STEM and CTE programs. Council contributions may include:

- Strengthening the partnerships with industry, business, and labor
- Identifying and validating academic and occupational competencies
- Reviewing goals, objectives and programs and then recommending priorities
- Reviewing and refining communication for students, parents, employers and the community

# PATHWAY CONNECTIONS



## WHY CHOOSE CTE?



Enjoy class variety



Learn new skills



Find your passion



Discover a career



Earn certifications



Plan for the future

# 90%

OF CTE STUDENTS  
NATIONWIDE GRADUATE  
COMPARED TO THE  
75% AVERAGE  
GRADUATION RATE

### MIDDLE SCHOOL



### HIGH SCHOOL



\* indicates high school credit course  
\*\* is CTE only for students in grades 7 & above



PREPARING STUDENTS WITH  
IN-DEMAND SKILLS FOR  
MULTIPLE CAREER OPPORTUNITIES



Everett Public Schools does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: ADA and Title IX/Civil Rights Compliance Officer - Chad Golden, CGolden@everettsd.org; 504 Coordinator: Dave Peters, DPeters@everettsd.org - PO Box 2098, Everett WA 98213





## BUSINESS AND MARKETING

Course offerings may include:

Accounting, AP Micro/Macroeconomics, Business & Finance, Business Law, Business Operations, Economics, Entrepreneurship, Foundations of Business & Marketing, Introduction to Law, Social Media Marketing



## COMMUNICATIONS & INFORMATION TECHNOLOGY

Course offerings may include:

AP 2-D/3-D Art & Design, AP Drawing, AP Computer Science A, AP Computer Science Principles, Digital Manufacturing, Digital Photography, Exploring Graphic Arts, Introduction to Graphic Design, Introduction to Programming, Microsoft Office User Specialist, NJROTC, Publications, Technical Theatre, Video Game Design / Programming, Web Design



## EDUCATION

Course offerings may include:

AP Psychology, Child Development, FCS Education Coop, Introduction to Education



## ENERGY & SUSTAINABILITY

Course offerings may include:

AP Environmental Science, Biology & the Environment, Sustainable Agriculture



## ENGINEERING & ADVANCED MANUFACTURING

Course offerings may include:

AP Physics 1, Astronomy & Aero Engineering, Automotive Maintenance, Automotive Technology, Coordinated Science, Engineer Your World, Foundations of Manufacturing, Integrated Tech, Physics in the Universe, Robotics & Mechatronics, Robotics Tech, Science 7 & 8



## FAMILY & CONSUMER SCIENCE

Course offerings may include:

Family Health, Independent Living, Nutrition & Food Preparation, Nutrition & Wellness



## HEALTH SCIENCE & MEDICAL

Course offerings may include:

Anatomy & Physiology, Biomanufacturing, Biotechnology, Introduction to Health Science Careers, Introduction to Patient Care, Medical Terminology, Sports Medicine



## ALL PROGRAM AREAS

Course offerings may include:

Career Choices, Worksite Learning Experience, Worksite Learning Internship, Worksite Learning Mentorship

# CAREER AND TECHNICAL EDUCATION AND COLLEGE CREDIT

In Everett Public Schools, we have opportunities available to students who want to earn college credit in the courses they are already taking in high school. College in the High School (CiHS) and CTE Dual Credit are two options that allow our students to earn both high school and college credit at the same time!



## Everett Community College

### *CTE Dual Credit*

- Accounting II
- Anatomy and Physiology
- Career Choices
- CCRS
- Entrepreneurship
- Independent Living
- Medical Terminology
- Microsoft User Specialist



### *College in the High School*

- Foundations of Business and Marketing
- Introduction to Education

## Shoreline Community College

### *CTE Dual Credit*

- Automotive Technology



## Skagit Valley College

### *CTE Dual Credit*

- AP Computer Science A
- AP Computer Science Principles



## UW in the High School

### *College in the High School*

- AP Computer Science A
- AP Psychology
- Astronomy & Aerospace Engineering





# CAREER AND TECHNICAL EDUCATION STUDENT ORGANIZATIONS

CTSOs offer students co-curricular leadership and competition experiences tied directly to what they're learning in class. Many of these organizations compete nationwide. These include, but are not limited to, the organizations listed below.

## Automotive

- SkillsUSA



## Health Sciences & Medical Careers

- Health Occupations Students of America (HOSA)



- Family, Career and Community Leaders of America (FCCLA)



- Washington Career and Technical Sports Medicine Association (WCTSMA)



## Business & Professional Services

- Future Business Leaders of America (FBLA)



- Distributive Education Clubs of America (DECA)



## Communication & Information Technology

- Technology Student Association (TSA)



- Robotics SkillsUSA



## Education

- Educators Rising



## Energy & Sustainability

- TSA



- National FFA Organization (Future Farmers of America)



## Engineering & Manufacturing

- TSA Robotics



## Naval Science (NJROTC)

- Navy Junior Reserve Officers Training Corps (NJROTC)





## CHOICE PROGRAMS OVERVIEW

In direct adherence to our Strategic Plan, the district has a growing offering of Choice Programs. These programs are designed to provide ALL our students the opportunity to participate in creative learning experiences that would typically be unavailable to them. Students must apply and be selected through a Lottery Process, conducted in March, and completed by mid-April of each year.

A committee of no less than 5 members will review each applicant and place them at a choice program until the program at the school is filled, with priorities given to applicants in the school building attendance area. If a program has more first choice applicants than available seats, applicants are assigned through the lottery selection process according to approved preferences in the following order:

1. Resident student at the school where the program is located
2. Siblings of resident students already in the program
3. In district, out of attendance area students
4. In district, out of attendance area siblings of students in the program
5. Student(s) of an Everett Public Schools employee

The choice programs are:



**STEAM Academy (K-5)** - While currently in its pilot phase, the STEAM academy integrates science, technology, engineering, art and mathematics into all aspects of learning, including reading, writing and social studies. This program is currently for enrolled students at Madison and Woodside Elementaries.



**Dual Language Spanish Immersion (K-5)** This program provides an environment for students to develop a higher level of bilingualism and biliteracy skills in both English and Spanish, to become culturally competent and have grade level academic success in both languages. This program is currently being offered at Emerson Elementary.



**Lighthouse Elementary Cooperative (K-5)** - This K-5 program features standard district curriculum with an overlay of parent involvement. Classroom teachers and families work together weekly, building a strong community of students, families, and staff as children move through all six grades with the same classmates. This program is currently offered at Jefferson Elementary.



**Sequoia High School (Grades 9-12)** - Sequoia High School is an alternative 8-term school supporting approximately 200 students, which a class size of 15 students or fewer. As a choice program, each student is required to successfully complete CONNECTED (a 24-hour course that helps teach and develop the skills for success, learning about our school and how it works prior to being enrolled in content classes).



**Port Gardner Parent Partnership School (K-12)** - Port Gardner is a parent partnership program, where parents/guardians are the primary educators of their children. The program is a blend of on-site classes taught by our teachers, and remote classes taught by parents/guardians in the home. On-site courses include both core academic areas and electives. Our students can earn EPS diplomas upon graduation.



**OnlineHS (Grades 9-12)** - OnlineHS is available to enrolled HS students and courses are 100% asynchronous; students may complete course work on their own schedule. All course work and lessons are provided in Canvas, though teachers are available for questions or meetings. Students can take classes as part of their 6-period school day while enrolled at no cost or as additional classes beyond the 6th period day for a fee.

## SEXUAL HEALTH OVERVIEW

In today's world, we are very aware that many students receive information from friends, the media, and social media, though it is not always completely accurate, however, if students have medically accurate and up-to-date information along with the support of trusted adults such as parents/guardians and teachers, most students will make good decisions for themselves about sexual health issues.

As a Washington State K-12 school district, we are required to provide a comprehensive sexual health education to all students (students in grades K-3 require only SEL instruction. The District's Sexual health plan falls directly in line with the state's Healthy Youth Act, which requires a medically and scientifically accurate and age-appropriate instruction be taught to our K-12 students, and the AIDS Omnibus Act (instruction in grades 5-12 only), which requires we teach students which behaviors place a person dangerously at risk of infection with AIDS and methods to avoid such risk.

By state law, comprehensive sexual health education must be taught at least twice over two grade bands for middle and high school students. We currently teach it across all 3 grade bands for middle school, in Family Health class in grade 9 and again in College and Career Readiness Seminar class in grade 12.

Our comprehensive sexual health education is age and grade appropriate, and aims to:

- Improve knowledge and skills that support healthy relationships
- reduce dating and intimate partner violence
- protect against child sexual abuse
- decrease incidents of homophobic-related bullying and harassment
- reduce risky sexual activity, unintended pregnancies, and sexually transmitted infections.

Our students receive medically accurate curriculum which encourages conversations with their families, promotes positive attitudes about abstinence and helps develop refusal skills. All families are provided with an opportunity to review the curriculum digitally, and, if necessary, may make the decision to opt their student out if they feel that is the right choice for their family.

## **HEALTH / FITNESS OVERVIEW**

Everett Public Schools recognizes the connection between academic success and physical fitness among our children. Through community collaboration and partnerships, we will serve as a catalyst for change as we move toward reducing youth obesity and increasing the number of students graduating from high school empowered with strategies for staying fit for life!

In our Elementary and Middle school PE classes, we work hard to focus on teaching gross motor skills to help our students develop those lifetime healthy habits. Washington State legislature requires that we provide at least 100 instructional minutes to all our students in grades 1-8 on a weekly basis, and one credit course (or equivalent) for each grade in our high school grades 9-12. To meet graduation requirements, all high school students must have 2 credits of Health/Fitness with a breakdown of:

- .5 credits of Health
- 1.5 credits for PE/Fitness

Our .5 credit Family Health Class is a Washington State Required Graduation Credit for all grade 9 students. This class is designed to prepare students for lifelong problem solving, critical thinking, and management skills related to health and wellness issues impacting families. The primary goal is to enable students to develop healthy lifestyles for themselves and others by focusing on healthy choices and living a productive, satisfying life.

We are happy to have a partnership with both the Peacock Foundation and the Everett Rowing Association, which provides our middle and high school students with 20 erg machines to use for three weeks as they rotate from school to school throughout the year.

### **Online PE**

Online PE options are currently only available to high school students Courses include:

- Physical Education 1
- Lifetime Sports
- Walking

# HEALTH AND FITNESS PHYSICAL EDUCATION

## ELEMENTARY

Elementary PE follows the Focused Fitness curriculum model and also offers to students:

- Bowling Curriculum with Evergreen Lanes
- Let's Go Curriculum with Cascade Bikes
- Lacrosse curriculum with Everett Lacrosse Club
- Speed Stack Curriculum
- First Tee Golf Curriculum



Middle school offers three foundational PE courses; one per grade, covering areas such as Hygiene, Health Related Components of Fitness, Skill Related Components of Fitness, Bones and Muscles, Heart Health, Goal Setting, Fitness Planning, FITT Principle, and Nutrition.

In addition, Team Sports and Individual Lifetime Fitness are offered as well.

## MIDDLE SCHOOL

## HIGH SCHOOL

High school PE covers areas such as Health related Fitness, Training Principles, Individual Fitness/Nutrition Planning, Strategies and Tactics, Physical Activity in the Community, Benefits of Physical Activity, Rules and Etiquette, and Safety

In addition, Yoga, Walking, Strength and Conditioning, and Team Sports are offered as well.



## ROTATING EQUIPMENT

Everett Public Schools has access to multiple traveling equipment, which we use to offer a variety of experiences to our students. These include: Golf equipment, Bowling Lanes, Lacrosse Equipment, Pickleball Equipment, Ping Pong Equipment, Bicycles, and Erg Machines.



# HEALTH AND FITNESS

## HEALTH EDUCATION

### MIDDLE SCHOOL HEALTH

In middle school, health is taught in two courses, Health 1 and Health 2. Students focus on Wellness, Safety, Nutrition, Sexual Health, Social Emotional Health and Substance Use and Abuse.



### HIGH SCHOOL

In High School, Health is covered in the Family Health Course. Students focus on Wellness, Nutrition, Social/Emotional Health, Safety, Substance Use and Abuse and Sexual Health. Students NOT in a health course but who require sexual health education, per state law, learn the sexual health standards in designated equivalency courses.



### HEALTH STANDARDS

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

## CAREER CONNECTED PARTNERSHIPS

As part of Everett Public Schools' dedication to Career and Technical Education, we are required to ensure that local industry has a voice in our curriculum and program development. These partnerships allow us to connect regularly with industry members to ensure our programs are up to date and that our industry certifications offered are relevant. Our General Advisory Council and Program Advisory Councils support this work, collaborating with our team and teachers throughout the year.



In that vein, Everett Career Link is a partnership between Everett Public Schools, Snohomish STEM, the City of Everett, and regional Employers. These courses run for six weeks during Summer school and focus on regional in-demand careers with global career awareness, and allow students to take virtual worksite tours, attend employer presentations and panel discussions, and view real-world projects connected to local career opportunities.

Benefits to students include:

- Exploration of career options in various fields
- Build community connections and networks by connecting with students from across the district and employers from across the region
- Enhance employability and 21st Century skills
- Inform and motivate course and career planning
- Boost resume and college application

### Summer Exploration Program



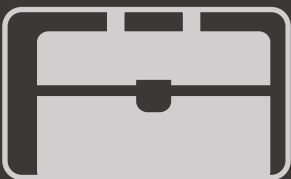
- Virtual course for current grade 8 and 9 students
- Provides students with the opportunity to view career options in clusters aligned with their abilities, interests and personalities
- The 6-week summer course is focused on supporting in-coming freshman and current freshman with an intentional effort to recruit students who can benefit from additional guidance prior to entering high school.

### Summer Mentorship Program



- Virtual course for current grade 10 and 11 students
- Groups work closely with a mentor to discuss solutions and ideas while applying problem-solving, collaboration, project management, human relations, presentation skills, and networking skills.

### Summer Internship Program



- 90-hour in person job internship for current grade 11 students
- The program gives students a chance to "learn before they earn" by showing what it is like to work in a specific job or work environment while earning credit.
- The internship program is targeted towards current sophomores and juniors from all four high schools.