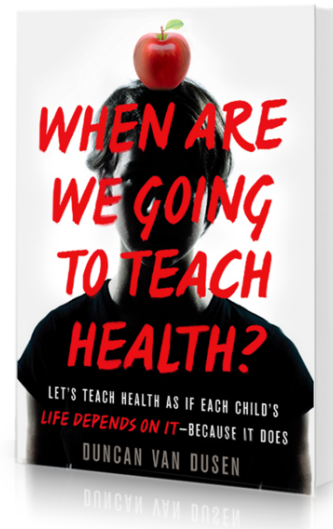


When Are We Going to Teach Health?

DISCUSSION GUIDE

amazon #1 Best Seller



Background

“When Are We Going to Teach Health?” is an Amazon #1 best-seller for K-12 educators and parents that Teach For America Founder Wendy Kopp calls a “must read.” Author Duncan Van Dusen shows why health drives academic success, what makes teaching health effective, and how to create a school environment that empowers kids to practice and sustain healthy behaviors. More information is at www.teachhealth.org

Audience

This guide is now being used for written assignments and class discussion in undergraduate and graduate nationwide. It is also being use for book clubs and discussion groups in K-12 schools and school districts, community-based organizations working in child and adolescent health, PTAs, and other parent groups.

Prizes

The author welcomes feedback, especially on question #8, at dvd@catch.org. Particularly helpful ideas and suggestions will be recognized with a gift of an autographed hardcover copy. (Not available in stores!)

Suggested Discussion Questions

- 1) The author begins by saying “I hope you find something obvious. . . and I hope you find something non-obvious.” What is the most obvious idea in the book and why isn’t it being done? What “non-obvious” idea do you think is most impactful and realistic?
- 2) Do you agree that “Health requires education, and education requires health”? What examples have you seen of bridges being built between health and education?
- 3) Is the “Whole Child” educational philosophy aspirational or is it realistic for our K-12 schools? Why or why not?
- 4) The author claims that “health is a team sport” and describes various actors and recommendations for how they can help teach health. If you could get one group fully activated, which group would it be and why?
- 5) If you could get anyone in the world to read this book, who would it be?
- 6) What is your biggest take-away from the book as an idea? What is your biggest take-away from the book as an action you can take?
- 7) Which case study was most impactful for you and why?
- 8) If the author was considering a 2nd edition (hint), what would you recommend adding or removing from the current version of this book?
- 9) Schools have many “jobs” in this country. Should better health education be added, and can it be added without taking anything away? If we were going to take something away, what would it be?
- 10) Would you rather see schools teach health as a separate subject, or integrate it into existing subjects as the author describes some schools doing? What are the pros and cons of each approach?
- 11) What should parents do at home to support their kids’ health education?

- 12) Should training and credentialing of physical education (PE) and health teachers include how to lead School Wellness Teams and advocate for health education with principals, administrators and other constituents? Why or why not?
- 13) Should all schools require specialized credentials for health and PE, or focus on integrating health education and leading physical activity into the existing credentialing?
- 14) What is most helpful about this book to your work or life?
- 15) If you were going to write a review of this book, what 3 points would you make and for which specific audience would you most recommend the book?
- 16) If you were going to write a mission statement for a school what would it be?