

# Health and Life Skills

## *Alberta Authorized Resource List and Annotated Bibliography*

### **Kindergarten to Grade 9**

**Part I: Resource List by Grade  
(Kindergarten to Grade 9)**

**Part II: Annotated Bibliography (listed  
alphabetically by title)**

**March 2006**

*The complete document is available online at*  
[http://www.education.gov.ab.ca/k\\_12/curriculum/bySubject/healthpls/](http://www.education.gov.ab.ca/k_12/curriculum/bySubject/healthpls/)

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The primary intended audience for this document is:

<i>Administrators</i>	
<i>Counsellors</i>	
<i>General Audience</i>	
<i>Parent School Councils</i>	
<i>Parents</i>	
<i>Students</i>	
<i>Teachers</i>	✓

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# INTRODUCTION

Alberta Education selects and authorizes the best possible instructional materials to support implementation of approved programs of study. The criteria for acceptability includes congruency with the program of studies, alignment with the general outcomes and their related curriculum organizers, and other general considerations that are seen as necessary for meeting the learning needs of students, such as:

- developmentally appropriate and user-friendly
- Canadian content
- recognizing diversity and promoting respect.

## RESOURCE AUTHORIZATION CATEGORIES

### Authorized Resources

The resource authorization categories for health and life skills are **student basic**, **student support** or **authorized teaching**.

**Student Basic** resources are those student learning resources authorized by Alberta Education as the most appropriate for addressing the majority of outcomes of the course(s) or substantial components of the course(s); or the most appropriate for meeting general outcomes across two or more grade levels.

**Student Support** resources are those student learning resources authorized by Alberta Education to assist in addressing some of the outcomes of the course(s) or components of the course(s), or to assist in meeting the outcomes across two or more grade levels.

**Authorized Teaching** resources are those teaching resources identified as the best available resources to support the implementation of programs of study and courses; they may be teacher guides to accompany student resources or teacher professional resources.

Alberta Education strongly recommends that teachers read all selections in the student resources and all activities in the teacher guides prior to using them with students. Careful consideration should be given to the sensitivities of both the student audience and the community.

## Availability of Resources

Most of the authorized Kindergarten to Grade 9 Health and Life Skills resources are available for purchase from:

Learning Resources Centre  
12360 – 142 Street, Edmonton, AB T5L 4X9  
Telephone: 780-427-5775  
Fax: 780-422-9750  
Internet: <http://www.lrc.education.gov.ab.ca>

LRC order numbers and prices (as of the printing of this list) are included for each resource. The cost of resources is subject to change without notice. Those resources available for purchase directly from the vendors/distributors are so noted; a list of vendors is located at the end of this document.

For a **complete** list of Health and Life Skills resources, consult the Learning Resources Centre *Buyers Guide*, at <http://www.lrc.education.gov.ab.ca/pro/resources/findares.htm>.

**Note:** Some of the older resources no longer have a strong curriculum fit with the program of studies and/or are dated, and will be withdrawn from authorized status in the year(s) ahead. A list of resources scheduled to be withdrawn from authorized listings as of August 31, 2006 is located on page 179 of this document.

## Health and Life Skills Guide to Implementation, 2002

The *Kindergarten to Grade 9 Health and Life Skills Guide to Implementation, 2002*, a 750 page resource, was developed to assist teachers with implementation of the prescribed outcomes in the program of studies for Kindergarten to Grade 9 Health and Life Skills (2002). The Guide to Implementation, is available through the Alberta Education Web site at [http://www.education.gov.ab.ca/k\\_12/curriculum/bySubject/healthpls/](http://www.education.gov.ab.ca/k_12/curriculum/bySubject/healthpls/). It is also available for purchase from LRC for \$26.85, product number 475964.

## Alberta Learning Information Service (ALIS) Web Site


The Alberta Learning Information Service (ALIS) Web site is Alberta's on-line source for career, learning and employment information. ALIS is a joint partnership of Alberta Human Resources and Employment (AHRE) and Alberta Education and is an authorized resource.


The Web site address is <http://www.alis.gov.ab.ca>.


# ORGANIZATION OF THIS DOCUMENT

## Part I: Resource List by Grade (Kindergarten to Grade 9)

Part I of the list of these resources is **organized by grade**, Kindergarten to Grade 9. The resources in each grade are identified by each of the general outcomes:


 General Outcome 1—Wellness Choices		
Personal Health	Human Sexuality	Safety and Responsibility
✓		

 General Outcome 2—Relationship Choices		
Understanding and Expressing Feelings	Interactions	Group Roles and Processes
	✓	

 General Outcome 3—Life Learning Choices		
Learning Strategies	Life Roles and Career Development	Volunteerism
✓		

Each entry provides the following information:

- title of resource
- copyright date
- type of authorization (student basic, student support, authorized teaching)
- distributor
- supplier name, order number and price.

Resources identified as  are those resources which have been authorized and added to the list since January 2003.

## **Part II: Annotated Bibliography (listed alphabetically by title)**

Each of the resources in Part I has a corresponding annotation in Part II. This section provides annotations of authorized Alberta learning and teaching resources to support the 2002 Kindergarten to Grade 9 Health and Life Skills program.

Each annotation identifies:

- the grade level(s) for which the resource is authorized, the category of authorization (student basic, student support or teaching), and if the resource is authorized for another curricular area
- a detailed description of the content, and includes comments for teachers to note
- the format of the resource (print, video, CD-ROM, DVD) identified by icon
- publisher information and notes where the resource is available. If a resource is part of a series, other authorized titles in the series are cross-referenced.

# KINDERGARTEN TO GRADE 9 HEALTH AND LIFE SKILLS OUTCOMES

The Health and Life Skills Program of Studies, Kindergarten to Grade 9, 2002 is available on the Alberta Education Web site at [http://www.education.gov.ab.ca/k\\_12/curriculum/bySubject/healthpls/default.asp](http://www.education.gov.ab.ca/k_12/curriculum/bySubject/healthpls/default.asp). The Kindergarten to Grade 9 Guide to Implementation is also available on the Alberta Education Web site and available for purchase from the Learning Resources Centre.

The aim of the Kindergarten to Grade 9 Health and Life Skills program is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. To achieve this aim, students require an understanding of self as the basis for healthy interactions with others and for career development and lifelong learning. Students also require a safe and caring school and community environment in which to explore ideas and issues surrounding personal choice, to seek accurate information and to practise healthy behaviours.



## **WELLNESS CHOICES—General Outcome 1**

*Students will make responsible and informed choices to maintain health and to promote safety for self and others.*



## **RELATIONSHIP CHOICES—General Outcome 2**

*Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.*



## **LIFE LEARNING CHOICES—General Outcome 3**

*Students will use resources effectively to manage and explore life roles and career opportunities and challenges.*