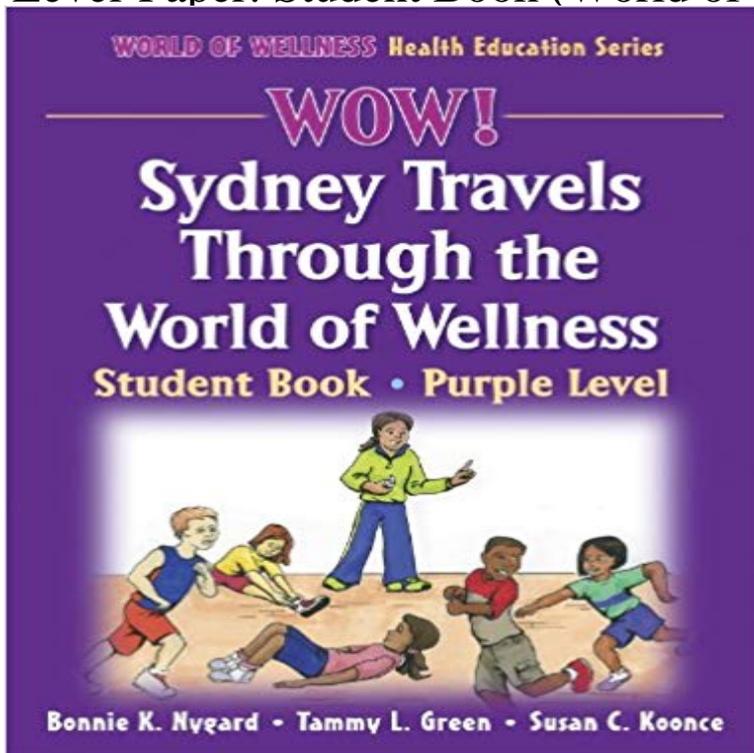# WOW! Sydney Travels Through the World of Wellness-Purple Level-Paper: Student Book (World of Wellness Health Education Series)

For more information on the World of Wellness Health Education series, please visit the Web site, www.WOWHealth.org. Meet the Challenge of Comprehensive Health Education in Elementary School Human Kinetics recognizes that health education may be challenging to fit into your busy schedule. That is why we developed the World of Wellness Health Education series (WOW!): -With WOW! you can deliver top-quality health education within the limited hours of the school day, promote health literacy, meet the mandates of No Child Left Behind legislation, and enhance your efforts to achieve the objectives of the overall curriculum that you work so hard to implement. -WOW! is designed to develop strong and compelling links between what students should know and what they should be able to do in the areas of reading and writing. -Finallybut no less importantlyWOW! emphasizes the importance of physical activity and nutrition throughout the health education strands. Through careful design and execution, a coordinated approach, and consideration for real students and teachers in real school settings, WOW! not only helps you meet the challenge, but does so in a way that appeals to kids of all ages. Fun. Easy. Complete. The World of Wellness Health Education series enables you to teach your students the importance of leading an active and healthy life through conceptually grounded, context-based lessons. Whats even more exciting is that while your students are learning, theyll become acquainted with a very special group of friends who will take them on a wellness journey throughout the school year. Ruby, Cody, T.J., Sydney, and others will help your students learn about health while strengthening their abilities in reading, writing, and other cross-curricular topics. WOW! functions as a group of kitswithout the cost of a kit! Ancillaries

other publishers might make you pay extra for are included with the teachers guides for each level of the WOW! series at a very affordable price. Plus, few supplies are need for delivering the dynamic lessons found in WOW!, and the few little things you might need for activities or demonstrations are inexpensive and easily found in a school or discount store. That means that you can deliver WOW! content expertly, smoothly, and affordably with very little prep time!   Coordinated School Health Connections   Todays child needs an updated, multifaceted approach in order to achieve health literacy, or the ability to make choices that will enhance personal health and well-being now and in the future. For many years, the Centers for Disease Control and Prevention (CDC) have promoted the key to childrens health and well-being through their Coordinated School Health Model. This model encompasses eight interactive areas:
-Health education   -Physical education
-Health services   -Nutrition services
-Counseling, psychological, and social services   -Healthy school environment
-Health promotion for staff   -Family and community involvement   WOW! Delivers Coordinated School Health   With concern rapidly growing about childhood obesity, inactivity, and other health risks such as type 2 diabetes, states and municipalities are now responding by passing laws requiring coordinated school health. The WOW! Health Education series meets these needs by providing the four components that are most frequently required: -Health education core content meeting the relevant national standards -Physical education helping students meet the national standards   -Parent involvement newsletters provided per unit and per grade level, in both English and Spanish -Nutrition education and services for students and parents alike.
Professional development opportunities are available through the authors to support each essential component.   This Is How WOW! Works   Each level of The World of Wellness Health Education series

consists of the following: -a teachers guide -a teachers resource CD-ROM -a student book that corresponds to the students levels For kindergarten students, the student book is a big book, a large colorful book for the teacher to read to the group; first- through fifth-grade students have their own books. In addition, an abridged first-grade student book is available in big book format. Color Coding Across the series, kindergarten through fifth grade, WOW! uses a color-coded system to denote grade levels. This allows you the additional flexibility of using a lower level to meet the needs of students with academic challenges or a higher level to challenge gifted students.

In todays world of tight budgets and increasing demands on school resources, rest assured that the WOW! student books are not intended to be used as workbooks. Rather, they are meant to last multiple years while still being cost-effective. This complies with the directives of most school districts not to purchase student consumables.

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load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.split?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag(b[0]):a.ue.tag(nofls))})(ue_csm); var ue_pty=Detail, ue_spty=Glance, ue_pti=0736055800; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var c=h.sessionStorage;c?a&&(undefined!==typeof d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue {},a=,f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(ue_csm,window); (function(b,c){var a=c.images;a&&a.length&&b.ue.count(totalImages,a.length)})(ue_csm,document); (function(m,h){function I(a){if(a)return a.replace(/^//s+ //s+$/g,)}function x(a,e){if(!a)return{};a.m&&a.m[k]&&(a=a.m);var b=e.m e[k] ,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.target&&a.m.target.tagName?b+(Error handler invoked by +a.m.target.tagName+ tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown error,b={m:b,f:a.f a.sourceURL a.fileName a.filename a.m&&a.m.target&&a.m.target.src,l:a.l a.line a.lineno a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(), name:a.name,type:a.type,csm:J+ +(a.fromOnError?onerror: ueLogError)},d,c,g=0,f=0,n;c=h.location;d=a.stack (a.err?a.err.stack:);b[y]=e[y] c&&c.href missing;b[p]=e[p] z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.performance&&h.performance.timing&&(c=h.performance.timing,f=window.performance&&window.performance.now&&window.performance.timing?window.performance.now()+window.performance.timing.navigationStart:+new Date,b.ld=0l.mxe)){l.ec++;l.ter.push(a);e=e {};var b=a[p] e[p];e[p]=b;e[q]=a[q] e[q];b&&b!=z l.ecf++;w(a, e)}}function w(a,e){if(a){var b=x(a,e),d=e.channel

M;if(ue.log.isStub&&h[u]&&h[u][v]){var c={};c[d]=b;try{var g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.ue_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n=!(f[D]&&f[D](E,g))){var l;if(h[F]){var k=new h[F];k.onerror=s;k.ontimeout=s;k.onprogress=s;k.onload=s;k.timeout=0;l=k}else{var p;if(h[G]){var q=new h[G];p=withCredentialsin q?q:void 0}else p=void 0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d[H])d[H](Content-type,text/plain);d.send(g)}}catch(r){}}else m.ue.log(b,d,{nb:1});if(!a.fromOnError){g=h.console{};d=g.error g.log s;c=h[u];f=Error logged with the Track&Report JS errors API(http://tiny/1covqr6l8/wamazindeClieUserJava): ;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no info provided; converting to string failed}else f+=b.m;d.apply(g,[f,b])}}}var G=XMLHttpRequest,F=XDomainRequest,N=navigator,D=sendBeacon,v=stringify,u=JSON,p=logLevel,q=attribution,y=pageURL,r=skipTrace,H=setRequestHeader,k=message,s=function(){},E=//+m.ue_furl+/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_chan jserr,z=FATAL,J=v6,A=20,t=256,L=RegExp((?([^ s]*):(d+): d+)?.split( ).join(String.fromCharCode(92))),K=/.*@(.*):(//d*)/;x[r]=1;C[r]=1;w[r]=1;(function(){for(var a,e=0;e (function(c,d){var b=c.ue,a=d.navigator;b&&b.tag&&a&&(a=a.connection a.mozConnection a.webkitConnection)&&a.type&&b.tag(netInfo:+a.type)})(ue_csm,window); (function(c,d){function g(a,b){for(var c=[],d=0;d ue_csm.ue.exec(function(d,e,a){function b(a,b){return{name:a,getFeatureValue:function(){return void 0!==b 0}}}function h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}}function g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(ue._bf.mpm(cc_ie5, 1)) ue._bf.modules.push(ue._bf.mpm(cc_ie6, 1)) ue._bf.modules.push(ue._bf.mpm(cc_ie7, 1))

ue._bf.modules.push(ue._bf.mpm(cc_ie8, 1)) ue._bf.modules.push(ue._bf.mpm(cc_ie9, 1)) (function(g,b,h){function c(){var a;a=h.cookie.match(/session-id=([//w//-]+)/);a=null!==a?a[1]:null;var b=ue_sid,c;c=Date.now?Date.now():(new Date).getTime();d[a] (e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var k=sbk,f=csm;b=b.navigator.cookieEnabled ?!0:!1;var e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setInterval(c,1E3))})(ue_csm,window, document);

ue_csm.ue.exec(function(e,f){var a=e.ue {},b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var c=f.location,b=b?b:c&&c.href?c.href.split(#)[0]:void 0;c=(b)===a.ssw(CSM_previousURL).val;!c&& b&&a.ssw(CSM_previousURL,b);d=c?reload:d?intrapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue _csm,window); var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f {};a.AMZNPerformance=b;b.transition=b.transition {};b.timing=b.timing {};if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&& a.cordova.platformId&&ios==cordova.platformId?!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime) b.transition.type?!b.transition.type&&-1 (function(b){function c(){if(a.log&&a.log.isStub){var b=[];a.log.replay(function(a){var c={};c[a[1]]=a[0];b.push(c)});b.length&& k(b)}}function k(a){if(e)a=f(a),b.navigator.sendBeacon(g, a);else{a=f(a);var c=new b[d];c.open(POST,g,!0);c.setRequestHeader&&c.setRequestHeader(Content-type,text/ plain);c.send(a)}}function f(a){return JSON.stringify({rid:b.ue_id,sid:b.ue_sid,mid:b.ue_mid,mkt:b.ue_mkt,sn:b.ue_sn,reqs: a})}var d=XMLHttpRequest,a=b.ue,l=b[d]&&with Credentialsin new b[d],e=b.navigator&&

b.navigator.sendBeacon,g=//+b.ue_furl+/1/
batch/1/OE/,h=b.ue_fci_ft;a&&(l
e)&&(a.attach&&(a.attach(beforeunload,c)
,a.attach(pagehide,c)),h&&b.setTimeout(c,
h),a._ffci=c)})(window);

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