

**Mission Statement:** It is the mission of the Elba Central School District to actualize the phrase “Elba Equals Educational Excellence for Everyone.” We are committed to providing both quality and equity. Every student will have the opportunity to develop to the best of his/her ability.

**Elba Standards:** In addition to the knowledge and basic skills they need in order to participate in society, graduates of Elba Central School will develop:

1. Empowering skills: decision making, goal setting, creative thinking and problem solving abilities;
2. Communication and social interaction skills;
3. Technological literacy;
4. Total wellness (social, physical, emotional health and self-esteem);
5. The values necessary to participate in society.

As a result of achieving these outcomes, our students will embrace lifelong learning.

**New York State Standards:**

**HEALTH, PHYSICAL EDUCATION, AND HOME ECONOMICS**

1. Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
2. Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
3. Students will understand and be able to manage their personal and community resources.

**National Standards:**

**Performance Indicators:**

- Understand the importance of nutritious food and how it contributes to good health, make simple nutritious food choices, and assist with basic food preparation.
- Use simple household tools safely to perform a variety of everyday tasks.
- Apply principles of food safety and sanitation.
- Understand the decision making process to make informed decisions related to their own resources of talent, time, energy, and money.
- Understand the resources available to them, make informed decisions about the use of those resources, and know some ways to expand resources.
- Analyze abilities and interests in relations to careers, set long-term career goals, and develop a plan for progressing toward their goals.

<b>Assessment:</b>	<b>Acceptable Performance Level</b>
Personal Development Unit Test	70% or higher
Sewing Demonstration Evaluations	70% or higher
Stuffed Toy Hand Sewing Project	70% or higher
Cooking Unit Tests	70% or higher
Cooking Demonstration Evaluations	70% or higher

**Scope:**

**Sequence:**

1. Personal Development
  - a. Self-Concept
  - b. Making a Good Impression
  - c. Communication Skills
  - d. Setting Goals
  - e. Making Decisions
  - f. Relationships
  
2. Sewing
  - a. Preparing to Sew
  - b. Sewing Equipment
  - c. Sewing Skills
  - d. The Sewing Lab
  
3. Cooking
  - a. Nutrition
  - b. Developing Healthy Habits
  - c. Reading Recipes
  - d. Measuring Ingredients
  - e. Kitchen Tools and Equipment
  - f. Food Safety and Sanitation
  - g. Kitchen Safety
  - h. The Kitchen Lab

**Methodology:** Best Practices

- Use of enrichment activities: personal development exercises, sewing activities and projects, and cooking demonstrations and evaluations.
- Incorporation of 6-Traits as a method of assessing writing pieces within the scope of the course.