

What can I do for the exempt school “health” requirement?

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Objectives

- Review exempt school health requirements
- Expand beyond traditional view of health
- Offer a framework for individualized health plans
- Share ideas for making individualized health plans
- Discuss what to list on exempt school paperwork

What does Nebraska require?

- Section 79-1601 R.R.S. requires exempt (home) schools to offer 5 subject areas
 - language arts, mathematics, science, social studies, and health
 - does not specify content for any subject area
 - does require a sequential program of instruction designed to lead to acquisition of basic skills in each area

I challenge YOU

- Expand your view of health
 - more than physical, mental, emotional
- Adopt a Biblical framework for health
 - *Imago Dei* – “image of God”
- Find health concepts in everyday living
 - begin with self-care & expand outward

OMG!



One

Miraculous

God



walk with me



wholistic view

Health *not* Medicine

Wholistic Medicine

- ◉ Ancient Egypt & Greece
- ◉ Eastern philosophy
- ◉ Mingled with spirituality
- ◉ Late 1800s & mid-1920s
- ◉ Gained footing in 1970s
- ◉ Complimentary & alternative medicine

Wholistic Health

- ◉ Views person as more than sum of parts
- ◉ Considers interactions of person & surroundings
- ◉ Acknowledges change in one area impacts other areas

Wholistic or Holistic

Wholistic

- refers to a whole or whole body
- takes into consideration the whole body or person
- means considering the mind, body and spirit

Holistic

- in the dictionary means, of or relating to Holism
- emphasizing the importance of the whole and the interdependence of its parts

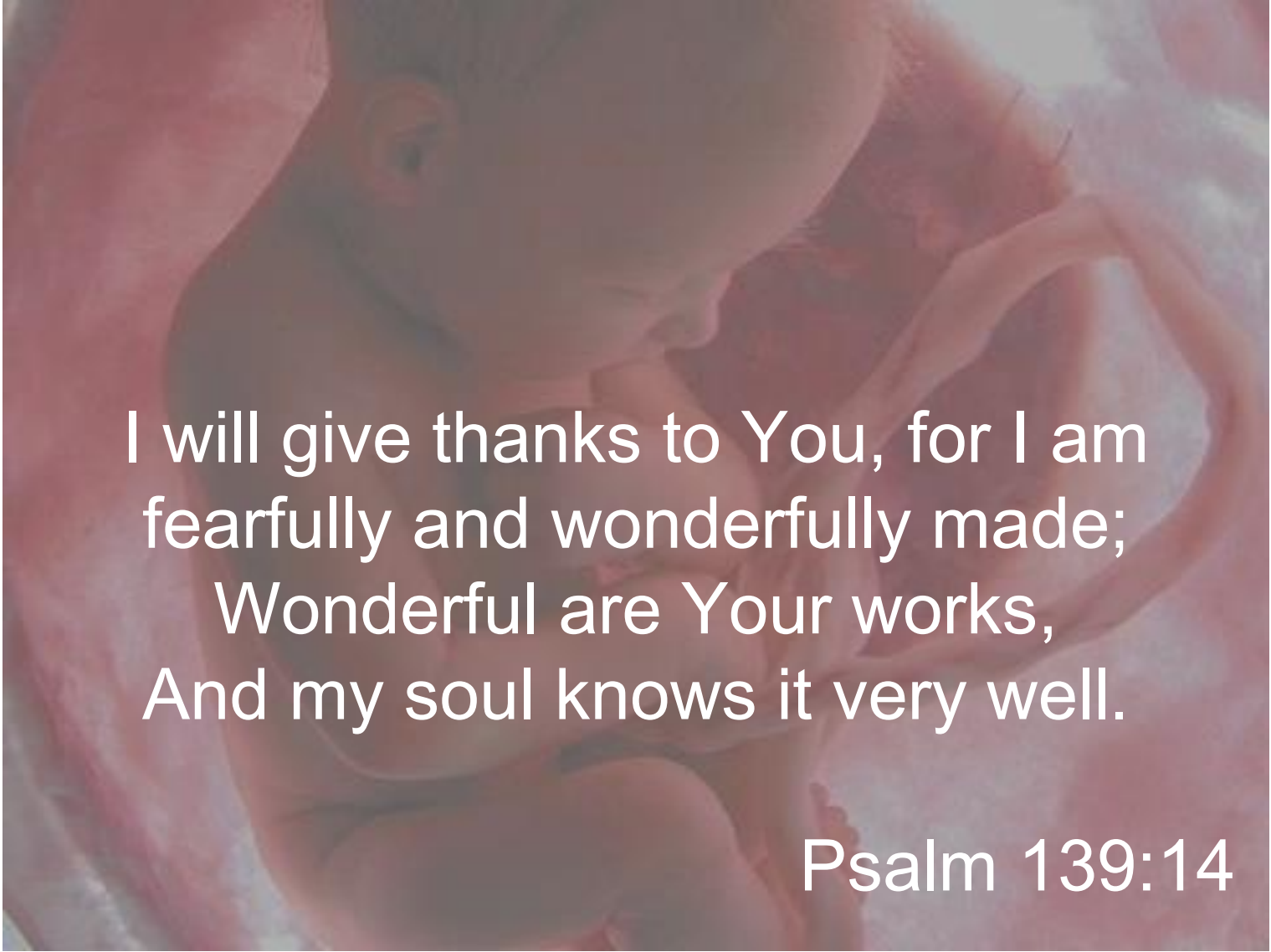
Imago Dei

- Only applies to mankind (humans)
 - Genesis 1: 26-27, 5:1, 9:6; 1 Corinthians 11:7; Colossians 3:10; & James 3:9
- Similar *likeness* to God, not identical to God
 - Bear His stamp; man is not god, demi-god, deity or part of God
- Scripture reveals God (explicit & implicit)
 - Learn about God's nature & attributes

Imago Dei

- Finite creature cannot comprehend the Infinite One
- Theological views impact our understanding
 - **Representative** (qualities, characteristics, or endowments – capacity to feel, free will, etc.)
 - **Relational** (ability to engage in complex interpersonal relationships – relate, deep attachments, etc.)
 - **Functional** (what a person does in life – creativity, innovation, dominion, etc.)





I will give thanks to You, for I am
fearfully and wonderfully made;
Wonderful are Your works,
And my soul knows it very well.

Psalm 139:14

Accepting this framework

- ◉ Acknowledge man is unique & complex
- ◉ Made of parts, parts contribute to whole
- ◉ Whole is more meaningful than sum of parts
- ◉ Absence part does not diminish the whole
- ◉ Relationship with our life-giver makes whole
 - ◉ bolsters our over health in other dimensions
 - ◉ brings us into balance
 - ◉ makes us whole (complete)



doors open wide

Start with the basics

- ◉ Self image (identity) - Imago Dei
- ◉ Spiritual foundation supports other dimensions
- ◉ Health is integrated into other subjects
- ◉ Teach self-care across the lifespan
- ◉ Target age specific issues/trends/needs
- ◉ Target age specific life-skills

Spiritual – Connect with God

- Self-image (who are you? Imago Dei)
 - cherished by God, unique & valuable
 - I am *Imago Dei*
 - I have (_____)
- Personal relationship with Christ as savior
- Family worship/personal devotions
- Church worship & activities
 - youth group, AWANA
- Group devotions & Bible studies
- Christian service/volunteering

Physical

- Hygiene - toilet training to challenges of puberty
- Body - structure/function, age changes
 - disease process (personal, family, society)
- Safety – home, sports, traveling/driving, sports
 - stranger danger, alcohol, drugs, self-medication
- Health care
 - personal health/family health history
 - access care, completing forms, prescribed medications
- Disease prevention & healthy lifestyles

Otters & Eagles



Social

- Relationships
 - family
 - friends
 - authority & respect
 - roles & duties
 - dating & marriage
- Church & community
- Culture & cultural issues
- Gender acceptance (identity issue)

Emotional

- ◉ Self control
- ◉ Yielding of “rights”
- ◉ Responsibility & accountability
- ◉ Repentance & forgiveness
- ◉ Trust
- ◉ Compassion & empathy

Intellectual

- ◉ Health care consumer
- ◉ Technology
 - ◉ screen time, internet, pornography
- ◉ Innovation/invention
- ◉ Artistic expression
- ◉ Learning
 - ◉ adaptive techniques
 - ◉ help tools

Environmental

- Clean home(everything)
- Safe food handling (select, store, prepare)
- Safe/clean water sources
- Handling of waste/trash
- Use & disposal of chemicals (emergency treatment)
- Diligent care of creation (dominion mandate)

Financial

- Basic concepts (source, provision, use, value)
- Money management (start young)
 - saving, spending, how to shop for, coupons
- Financial literacy (grade school – high school)
 - <https://treasurer.nebraska.gov/financial-literacy/>
 - Dave Ramsey programs
- Employment, internship, apprenticeship
- Investing & retirement planning

Exempt School Paperwork

- List pre-made curriculum
- Use online or community programs
- “Life-skills”
 - create course description
 - list 1-2 key resources used or a series
 - carry program over couple years
- Count all physical activity/sport (log/class)
- Calculate high school credit

References

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