



Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series)

Bonnie K. Nygard, Tammy L. Green, Susan C. Koonce

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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.

-Finally—but no less importantly—WOW! 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. What's even more exciting is that while your students are learning, they'll 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 kits—without the cost of a kit! Ancillaries other publishers might make you pay extra for are included with the teacher's 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

Today's 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 children's 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:

0. -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 teacher's guide
- a teacher's 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 today's 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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From reader reviews:

Robbie Stamant:

What do you in relation to book? It is not important to you? Or just adding material when you require something to explain what you problem? How about your spare time? Or are you busy man? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have time? What did you do? Every individual has many questions above. The doctor has to answer that question simply because just their can do this. It said that about e-book. Book is familiar on every person. Yes, it is right. Because start from on jardín de infancia until university need that Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) to read.

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People live in this new moment of lifestyle always make an effort to and must have the free time or they will get lot of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative within spending your spare time, the particular book you have read is definitely Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series).

John Malcolm:

Reading can called imagination hangout, why? Because when you are reading a book specially book entitled Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) your mind will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely will become your mind friends. Imaging each word written in a e-book then become one web form conclusion and explanation this maybe you never get ahead of. The Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) giving you a different experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern this is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Ernest Tate:

Do you have something that you want such as book? The reserve lovers usually prefer to pick book like comic, quick story and the biggest one is novel. Now, why not striving Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) that give your pleasure preference will be satisfied simply by reading this book. Reading behavior all over the world can be said as

the method for people to know world a great deal better than how they react towards the world. It can't be stated constantly that reading addiction only for the geeky man or woman but for all of you who wants to end up being success person. So , for all you who want to start studying as your good habit, it is possible to pick Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) become your own starter.

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