



# **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](http://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:**

**Lauren Barnett:**

Now a day individuals who Living in the era just where everything reachable by talk with the internet and the resources within it can be true or not call for people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the answer is reading a book. Studying a book can help men and women out of this uncertainty Information especially this Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) book since this book offers you rich data and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it everbody knows.

**David Manning:**

This book untitled Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) to be one of several books that best seller in this year, honestly, that is because when you read this book you can get a lot of benefit in it. You will easily to buy that book in the book retail store or you can order it by way of online. The publisher with this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smartphone. So there is no reason to your account to past this guide from your list.

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The book Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) will bring someone to the new experience of reading any book. The author style to spell out the idea is very unique. When you try to find new book to study, this book very suited to you. The book Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) is much recommended to you you just read. You can also get the e-book in the official web site, so you can quicker to read the book.

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Many people said that they feel uninterested when they reading a book. They are directly felt the idea when they get a half elements of the book. You can choose typically the book Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) to make your personal reading is interesting. Your skill of reading proficiency is developing when you just like reading. Try to choose straightforward book to make you enjoy to learn it and mingle the feeling about book and reading through especially. It is to be very first opinion for you to like to wide open a book and read it. Beside that the publication Wow! Ruby Discovers the World of Wellness: Big Book-Red Level (Wow! World of Wellness Health Education Series) can to be your new friend when you're sense alone and confuse using what must you're doing of that time.

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