



# Vancouver Public Schools

K-12 Pekin osukun mei ounusa póróusen nónómwun nefinen  
chiechi iká mwán me fefin

## Póróusen Famini

Ach kapongen etiwetiw ngeni kemi  
Ekis ngeni sia pwoputá



# An Washington kewe Onu Ekkiek mei Aúchea ren ewe pekin osukunen túmwúnún me péchékúnen inis

Túmwúnún me péchékúnen unusan inis (ekkiek, memef, ngúnún, me nefinan emén ngeni ekkóch)  
*Wellness*

Túmwúnún inis e etto seni epetin osukosuk me semwen  
*Safety*

Mwéngé mei mwúriné e ánsi péchékúnen inis  
*Nutrition*

Túmwúnún me péchékúnen nónómwun nefinen mwán me fefin iká nefinen chiechi  
*Sexual Health*

Péchékúnen me Ekinamwein netipan emén me nónomwún nein aramas  
*Social Emotional Health*

An emén an angei ne weires ne kéú seni sakaú me *drugs* (*sáfei mei ngaw me énnúk*)  
*Substance Use & Abuse*

Kich mei áneánei me mochen pwe ach ewe pekin osukun ren Túmwúnún me péchékúnen inis me osukun ren Pekin Taiso (emwékútú inis) ngeni néúch chóón sukun nón VPS epwe ánsir pwe repwe mwonetá ngeni ar repwe péchékún nón ánein manaúer. Ach kei pekin ósukunen Túmwúnún me péchékúnen inis me osukun ren pekin Taiso nón *Vancouver Public Schools* epwe ánsi néúch kei chóón sukun ar repwe weweiti me sinei túmwúnún inisir ne taisó, mwéngé met mei múriné ngeni inisir, sinei kúten póróusen me áninisin pekin túmwúnún inisir, ar repwe sinei ar repwe póróus ngeni ekkóch aramas, pwan sinei ar repwe fótuki ar aneán repwe anganga ren péchékúnen inisir.

# Pekin Osukun ren Mei Ounusa Pórousen Nónómwun Nefinen Chiechi iká Mwán me Fefin (CSHE)

*Washington State Senate Bill 5395*

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[Senate Bill 5395](#), a ketiw me ren *Legislature* me chóón úttútt me nón Washington nón ewe 2020, iwe nón ewe Tiisampér 2020 a poputá manamanan (katon ewe [Bulletin 092-20](#)). Fáán núrún ei énnúk, meinisin an mwuun sukkun repwe awora ei pekin ósukun mei ounusa pórousan nónómwun nefinen chiechi iká mwán me fefin (CSHE) nefinen ekkei ierin sukkun ren 2022-23, fiti ekkóch éuréúr epwe poputá nón ei ierin sukkun 2020-21.

Ekkei pekin osukun epwe fiti éuréüren ewe [Health Education K-12 Learning Standards](#), minne a awora kókkótun unusen masowen ei pekin osukun me apachanong ekkóch énnúk. Ei pekin osukun epwe weneiti me éóchú ngeni ierin chóón sukkun, epwe pwúngú ngeni pórous ren semwen me sáfeian semwen me pwúngú ngeni met soutipachem ir mei kúna nón ar káeó, epwe apachanong meinisin chóón sukkun, epwe pwan néúnéu kapas me aia anen an epwe tori meinisin kinikinin iká mwiicheichen aramas.



# Menapen an VPS ei Pekin Osukun mei ounusa póróusen nónómwun nefinen chiechi iká mwán me fefin

## Mwichen Kinter ngeni Éúnúngátin

Esapw wor pekin osukunen ren nónómwun nefinen chiechi iká nónómwun nefinen mwán me fefin

*Social Emotional Learning (SEL)* a wewe ngeni pekin osukun ren péchékúnen me kinamwein netip me nónómwun emén nein aramas.

## Mwiichen Enimwuan ngeni Awanúan

Ei pekin osukun ren nónómwun nefinen chiechi iká mwán me fefin epwe wenengeni me éóchu ngeni ierin chóón sukkun (epwe kapachanong póróusen eppetin HIV)

## Mwiichen Érúwánún

Ei pekin ósukun ren nónómwun nefinen chiechi iká mwán me fefin epwe wenengeni me éóchú ngeni ierin chóón sukkun

## Mwiichen Etiuwan ngeni Engon me Ruwan

Ei pekin ósukunen ren nónómwun nefinen chiechi me mwán me fefin epwe wenengeni me éóchú ngeni ierin chóón sukkun (epwe kapachanong póróusen eppetin HIV ) me osukunen pekin péchékúnen me kinamwein netip me nónómwún emén nein aramas.

# Mwiichen Kinter ngeni Éúnúngátin

Esapw wor pekin osukunen nónómwun nefinen mwán me fefin me chiechi Ngeni mwiichen Kinter ngeni Éúnúngátin

Osukun ren pekin péchékúnen me kinamwein netip me nefinen emén ngeni ekkóch ngeni mwiichen Kinter ngeni Éúnúngátin

Meinin pwúngún káeó epwe wenengeni an mwuun Washington kewe kéúkún káeó ren SEL (tiki ei sasing wón penie mwánumw).

Kinikinin ei SEL kich mei aia nón únúsen ier

- Emecheresin Suki me Ámwárin Ekkiek me Fótuki (Féri) met emén epwe anganga
- Sinei met epwe ekinamwei netip
- Tongei aramas me Kirekireóch
- Angangen afér ren osukosuk

Self	Social
<b>STANDARD 1 - SELF-AWARENESS</b> – Individual has the ability to identify their emotions, personal assets, areas for growth, and potential external resources and supports.	<b>SOCIAL AWARENESS</b> – Individual has the ability to take the perspective of and empathize with others from diverse backgrounds and cultures.
BENCHMARK 1A - Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior. BENCHMARK 1B - Demonstrates awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets. BENCHMARK 1C - Demonstrates self-awareness and understanding of external influences, e.g., culture, family, school, and community resources and supports.	BENCHMARK 4A - Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities. BENCHMARK 4B - Demonstrates an awareness and respect for similarities and differences among community, cultural and social groups. BENCHMARK 4C - Demonstrates an understanding of the variation within and across cultures.
<b>STANDARD 2 - SELF-MANAGEMENT</b> – Individual has the ability to regulate emotions, thoughts, and behaviors	<b>SOCIAL MANAGEMENT</b> – Individual has the ability to make safe and constructive choices about personal behavior and social interactions.
BENCHMARK 2A - Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways. BENCHMARK 2B - Demonstrates responsible decision-making and problem-solving skills.	BENCHMARK 5A - Demonstrates a range of communication and social skills to interact effectively with others. BENCHMARK 5B - Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways. BENCHMARK 5C - Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.
<b>STANDARD 3 - SELF-EFFICACY</b> – Individual has the ability to motivate themselves, persevere, and see themselves as capable.	<b>STANDARD 6 - SOCIAL ENGAGEMENT</b> – Individual has the ability to consider others and show a desire to contribute to the well-being of school and community.
BENCHMARK 3A - Demonstrates the skills to set, monitor, adapt, persevere, achieve, and evaluate goals. BENCHMARK 3B --Demonstrates problem-solving skills to engage responsibly in a variety of situations. BENCHMARK 3C - Demonstrate awareness and ability to speak on behalf of personal rights and advocacy.	BENCHMARK 6A - Demonstrates a sense of school and community responsibility. BENCHMARK 6B - Demonstrates the ability to work with others to set, monitor, adapt, achieve, and evaluate goals. BENCHMARK 6C - Contributes productively to one's school, workplace, and community.

Click image above for more details about the SEL learning standards.

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## **Nónómwun nefinen mwán me fefin iká chiechi seni Érówánún mwiich feitá**

### **Manawen Famini me Nónómwun nefinen mwán me fefin iká chiechi SINEI eppetin HIV**

Mei férutá an epwe fiti ngeni ekkewe éúrúúr seni ewe pútáin pioing non WA.

Mei fiti ngeni pwúngún póróusen semwen me sáfei, me met soutipachem ir épwúngú, me ketiw an Mwuun WA epwe aia.

Mei fitu kinikin ra fen aia. VPS a angei an epwe aia nón ewe 2015-2016.

Mei fitu kinikinin nessen nón ei pekin ósukkun

Mei aia ekkóch sókkun anen ósukun, awewe ren an epwe awora nessen nón chén tarópwe me awora póróus fengen nón *class*.

Ese mwuumwuutá an epwe kapachetá ekkóch nessen me pekin osukun.

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# Esinesin ngeni Saam me Iin me anen ar repwe katon me mwen epwe poputá

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Énúkkún Mwuun: Epwe wor esinesin epwe nó ngeni Saam me Iin ren ei pekin osukunen nónómwun nefinen mwán me fefin iká chiechi me epwe pwan wor fansoun ar repwe katon masowen ei osukun me mwen epwe poputá.

- Sense repwe tinanó taropwe ngeni famini an epwe esine ngenir inet epwe fiis ei pekin ósukun.
  - Famini ir mei tongeni kékkéri sense ren tichikin póróus iká esinesin an néúr resapw fiti ew iká fitu nessen.
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## Néúnéún me awewen kapas nón ei pekin ósukun

- Néúnéú kapasen osukun epwe pwúng me wenengeni póróusen semwen me sáfei nupwen sia póróus fengen me nupwen e wor pekin káeó epwe wenengeni kifetin inis.
- Chóón sukkun repwe katón sasingin (niosun) me sinei iten ekkewe kifetin nón me nukkun inisin aramas.
- Masowen ei osukun me néúnéún kapas ne osukun epwe fiti ngeni met mei pwúng me fiti ngeni emwenien met sóú-sinei me sóú-safei ra épwunganó.





## Éúréúran Penúwen Kapas Eis

- Masowen ei pekin osukun mei awora éúréúr ngeni sense ren ifa ussun ar repwe pénúweni kapas eis e wenengeni póróusan en chóón sukkun, ese fichi ngeni ar repwe póróus wón sukkun, me mei tufich an epwe ititingaw.
- Ekkei éúréúr mi pesei sense ar repwe aia pwúngún ekkán kapas eis, nge repwe eimwueu met re núkú me mefi epwe sókonó.



## Eimwufeseni Áát me Nengin

- Ei kinikikin mei eimwufeseni áát me nengin nón Mwiichen Érówanún me Enimwuan atun e fiis ekkewe osukun e wenengeni nónomwun emén áát me nónomwun emén nengin
- Atun a fiis ekkei nessen, napengeni, en chóón sukkun e kan pwúsin káeó seni néún ewe sense. Ach mwóchen pwe ewe chóón ósukun epwe emén ekkewe mei éóch me péchékún nefinan ngeni ewe chóón sukkun.
- Saam me lin repwe póróus ngeni sense iká pwe epwe osukosuk en chóón sukkun atun ra eimwufesenir.

**Itenapen ekkewe pekin osukun ren nefinen mwán me fefin iká nefinen chiechi ekkewe  
Mwiichen Érówánún me Enimwuan repwe káeó**

<b>Érówánún Mwiich</b>	<b>Enimwuen Mwiich</b>
<b>Ewin kinikin</b>	
<p align="center">Pórousen Nepópután Famini An emén epinúkúnúk wón pwúkún inisin Wisan Mwán me Fefin Nefinen chiechi An emén epwe finatá met epwe féri</p>	<p align="center">Pórousen Nepópután Famini An emén epinúkúnúk wón pwúkún inisin Wisan Mwán me Fefin Nefinen chiechi An emén epwe finatá met epwe féri</p>
<b>Oruwen kinikin</b>	
<p>Angangen oumwesi me épéchékúna emén an epwe nisou Ewe fansoun an poputá siwin inisin áát me nengin ar ra fetán ngeni énúwén me fépwun Kifetin nón inisin mwán me fefin ikkewe ian mwonukón a fér me ian</p>	<p>Angangen oumwesi me épéchékúna emén an epwe nisou Ewe fansoun an poputá siwin inisin áát me nengin ar ra fetán ngeni énúwén me fépwun Kifetin nón inisin mwán me fefin ikkewe ian mwonukón a fér me ian</p>
<b>Éúnúngátin Kinikin</b>	
Ese wor masowen	*Eppetin HIV/ <i>KNOW Curriculum</i>

\* Esisinen ew minafén osukun a kerán poputa ngeni ena mwiich.

# Itenapen ekkewe pekin osukun ren nefinen mwán me fefin iká nefinen chiechi ekkewe Mwiichen Onuwan ngeni Awanúan repwe káeó

<b>Onuwen Mwiich</b>
<b>Ewin kinikin</b>
<p>Pórousen Nepópután Famini An emén epinúkúnúk wón pwúkún inisin Wisán Mwán me Fefin Nefinen chiechi An emén epwe finatá met epwe féri</p>
<b>Oruwen kinikin</b>
<p>Angangen oumwesi me épéchékúna emén an epwe nisou Fansoun an a siwin inisin áát me nengin ar ra fetán ngeni fépwún me énúwén Kifetin nón inisin mwan me fefin ikkewe ian mwonukón a fér me ian Pwopwo</p>

<b>7/8 Ewin ler</b>
<b>Ewin kinikin</b>
<p>Pórousen Nepópután Fansoun an a siwin inisin áát me nengin ar ra fetán ngeni fépwún me énúwén *Túmwúnún inis atun nisou me nimenimen inis *STDs (Semwen seni nisou) Kifetin nón inisin mwán me fefin ikkewe ian mwonukón a fér me ian *Atap me fansoun ese wor nisou *Pórousan sáfean eppetin pwopwo/sáfein ánefin *Káeó néúnéún an pórús ngeni ekkóch</p>
<b>Oruwen kinikin</b>

*Eppetin HIV/KNOW Curriculum
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<b>7/8 Oruwen ler</b>
<b>Ewin kinikin</b>
<p>Pórousen Nepópután Fansoun an a siwin inisin áát me nengin ar ra fetán ngeni fépwún me énúwén Kifetin nón inisin mwán me fefin ikkewe ian mwonukón a fér me ian Pwopwo An emén epwe finatá met epwe féri *Pórousan sáfean eppetin pwopwo/sáfein ánefin *Ekkewe aramas ir mei tongeni awora áninis *Káeó néúnéún an pórús ngeni ekkóch</p>
<b>Oruwen kinikin</b>

*Eppetin HIV/KNOW Curriculum
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# Itenapen ekkewe pekin osukun ren nefinen mwán me fefin iká nefinen chiechi ekkewe Mwiichen Etiuwan me Engon me Ruwan repwe káeó

## Mwiichen Etiuwan ngeni Engon me Ruwan

Epwe pachenong nón en pekin osukun e fiis nón ew semester (esópw ierin sukkun) ren ar repwe sochungio nefinen 9-12 mwiich.

Awora ew nenien káeó ikkewe ian chóón sukkun repwe kinamwe me tufichin káeó ian Kifetin nón inisin mwán me fefin ikkewe ian mwonukón a fér me ian me Pwopwo Pwopwo

\*Emen a finatá iká epwe I emén met me lón epwe sani Ekkesiwini ekkewe ekkiek ren wisan Mwán me Fefin me met ir mei tongeni féri Mwúriné me kinamwe nefinen emén ngeni ekkóch Oumwesi me Etipew (Tipew Ngeni)

\*Túmwúnún emén an nómw wón *line* iká aia (*internet*) Fansoun ese wor nisou Sáfeian eppetin pwopwo/sáfeian ánefin Eppetin HIV me semwen seni nisou (STDs) Kantom ren eppetin pwopwo, HIV me semwen seni nisou (STDs)

\*Tessin HIV me ekkóch ekkewe semwen seni nisou (STDs) Káeó néúnéún an póróus ngeni ekkóch me finatá met epwe féri

\*Anapanó an chóón sukkun repwe áúcheani péchékúnen inisir

\* Esisinen ew minafén osukun a kerán poputa ngeni ena mwiich.



## Nemenien emén me emén an epwe katon kachito (video) e ánísi ei pekin osukun

- Mei wor ekkóch kachito (video) mei mochomoch mwiichen Érówánún me Enimwuan ir mei tongeni fini ar repwe katon pwe epwe ánisir ne káeó ekkei nessen.
- kachito (video) mei wor sasingin/niosun ekkewe kifetin nón me núkkún inisin aramas.
- En mei tongeni angei itan me póróusen ifa ussun ómw kopwe tongeni katon ekkewe fitio me nón ach na *Family Review Resource Folder*.



## Ánínisin ngeni Sense (chóón osukun)

- Ekkóch ekkewe imwen sukkun ra tongeni kúút chóón angang me nón ar na sukkun ar repwe ánínis ne osukun.
- Ekkewe sense ir mei tongeni chiechi ngeni ekkóch sense nupwen fansoun ra eimwufeseni nengin me áát ren ei pekin osukun.
- Ekkewe kangof nón sukkun ra pwan tongeni aninnis wón met re sine ren ewe fansoun a siwin inisin áát me nengin ar ra fetán ngeni énúwén me fépwún me póróúsen kifetin nón inisin mwán me fefin ikkewe ian mwonukon e fér me ian.



# **Asaimen nón imw famini ir mei tongeni nemenátá ar repwe iká resapw féri**

**Ekkei nessen mei awora asaimen ngeni famini nón imw nemenier iká pwe repwe iká resapw féri**

**Epwe ne pwúsin nónómw ren emén me emén iká pwe re mochen féri, chóón sukkun ir mei tongeni ar resapw pwan féri.**

**Meinisin póróusan ei asaimen e fiis nón imw esapw pwan etto an epwe fiis nón sukkun.**





# Katon masowen nón ei pekin osukun

- Kékkéri an *VPS we curriculum and instruction department* wón ei nampa 360-313-1020 ómw kopwe katón meinisin masowen ei pekin ósukunen nónómwun nefinen mwán me fefin (iká chiechi).
- Ewe pekin ósukun ngeni mwiichen Éruwanún ngeni Awanúan mei nómw won ei website *QR code*: <https://qrgo.page.link/EEpgy> iká en mei pwan tongeni fichi sasingin en *QR code*.

4th-8th Grade Family  
Resource Folder





## Anen an en chóón sukkun esapw fiti ei pekin osukun

- Saam me Inn ra tongeni finatá an néúr chóón sukkun esap fiti ekkóch iká meinisin ekkei pekin ósukun. Kékkéri néún noumw na semirit sense iká ena sukkun ómw kopwe angei ewe taropwe ren *sexual health opt-out form*.
- Ei taropwe epwe niwin ngeni ewe sense iká ewe imwen sukkun. En mei pwan tongeni email ei taropwe ngeni néún noumw ewe sense.
- Mei wor ekkóch pekin káeó epwe kawor ngeni ekkewe resapw fiti ei pekin osukun.



# Kapas Eis?

## Kose mochen kékkéri kich iká maketó

Ekkei *link* mei pwan tongeni ánisuk

[Washington OSPI Sexual Health Education](#)

[Family Life & Sexual Health Curriculum](#)

[VPS Family Life & Sexual Health 4th-8th Family Review Resources](#)

[Committee For Children K-8th: Second Step SEL Curriculum](#)

Health/P.E. Web Page Under construction

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