

**Instruction**

**Comprehensive Health Education**

The Board of Education intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. As part of this program, the Board is committed to providing for physical education, health services, nutrition services, psychological and counseling services, a safe and healthy school environment, and involvement of parents/guardians and community members.

The Board believes that health education should foster the knowledge, skills and behaviors that students will need in order to lead healthy, productive lives and avoid high-risk behaviors. The district's health education program shall be part of a coordinated school health system which supports the well-being of students and is linked to district and community services and resources.

The district shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades K-12 which is aligned with the state's content standards and curriculum framework. The Superintendent or designee shall determine the grade levels and subject areas in which health-related topics will be addressed, in accordance with law, Board policy and administrative regulation.

The district shall provide age-appropriate health education including, but not limited to, instruction related to:

1. Family living
2. Individual growth and development
3. Nutrition, including but not limited to, lessons that address the negative effects that obesity has on an individual's long-term health and well-being and ways to promote lifelong healthy eating and physical activity.
4. Communicable and chronic diseases
5. Personal health, including but not limited to, lessons that address the hazardous effects of excessive noise and overexposure to sun
6. Mental and emotional health
7. Injury prevention and safety
8. Alcohol, tobacco and other drugs
9. Environmental health
10. Consumer and community health

As appropriate, the Superintendent or designee shall involve school administrators, teachers, school nurses, health professionals representing various fields of health care, parents/guardians, community-based organizations, and other community members in the development, implementation, and evaluation of the district's health education program. Health and safety professionals may be invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

The Superintendent or designee shall provide professional development as needed to ensure that health education teachers are knowledgeable about academic content standards and effective instructional methodologies.

Upon written request by a student's parent/guardian, he/she shall be excused from any part of the health instruction that conflicts with the parent/guardian's religious training, beliefs or personal moral convictions. Parents/guardians shall receive notification at the beginning of each school year regarding their right to excuse students from health instruction on these grounds.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program which may include, but not be limited to, a description of the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, and student achievement of district standards for health education.

Legal References: EDUCATION CODE

8850.5 Family relationships and parenting education

35183.5 Sun protection

49413 First aid training

49430-49436 Pupil Nutrition, Health and Achievement  
Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

51202 Instruction in personal and public health and safety

51203 Instruction on alcohol, narcotics and dangerous drugs

51210 Areas of study

51210.8 State content standards for health education

51220.5 Parenting skills; areas of instruction

51260-51269 Drug education

51513 Personal beliefs

51880- 51881.5 Health education, legislative findings and intent

51890 - 51891 Comprehensive health education programs

51913 District health education plan

51920 Inservice training, health education  
51930 - 51939 Comprehensive sexual health and HIV/AIDS  
prevention education

CALIFORNIA CODE OF REGULATIONS, TITLE 5

11800 - 11801 District health education plan

Management Resources:

CSBA PUBLICATIONS

Asthma Management in the Schools, Policy Brief, March 2008

Monitoring for Success: Student Wellness Policy

Implementation

Monitoring Report and Guide, 2007

Physical Education and California Schools, Policy Brief, rev.  
October 2007

Promoting Oral Health for California's Students: New Roles,  
New Opportunities for Schools, Policy Brief, March 2007

Sun Safety in Schools, Policy Brief, July 2006

Student Wellness: A Health Food and Physical Activity Policy  
Resource Guide, rev. April 2006

AMERICAN ASSOCIATION FOR HEALTH EDUCATION  
PUBLICATIONS

National Health Education Standards: Achieving Excellence, 2007

CALIFORNIA DEPARTMENT OF EDUCATION  
PUBLICATIONS

Health Education Content Standards for California Public  
Schools,

Kindergarten Through Grade Twelve, 2008

Health Framework for California Public Schools: Kindergarten  
Through Grade Twelve, 2003

WEB SITES

CSBA: <http://www.csba.org>

American Association for Health Education:

<http://www.aahperd.org>

American School Health Association:

<http://www.ashaweb.org>

California Association of School Health Educators:

<http://www.cashe.org>

California Department of Education, Health Education:

<http://www.cde.ca.gov/ci/he>

California Department of Public Health:

<http://www.cdph.caa.gov>

California Health Kids Resource Center:

<http://www.californiahealthykids.org>

California Subject Matter Project, Physical Education-Health

Project: <http://www.csmpp.ucop.edu/cpehp>

Center for Injury Prevention Policy and Practice:

<http://www.cipp.org>

Centers for Disease Control and Prevention:

<http://www.cdc.gov>

National Center for Health Education: <http://www.nche.org>

National Hearing Conservation Association:

<http://www.hearingconservation.org>

Board Policy

3513.3 - Tobacco-Free Schools

3514 - Environmental Safety

3550 - Food Service

4020 - Drug and Alcohol-Free Workplace

4119.43 - Universal Precautions

5141.23 - Infectious Disease Prevention

5141.6 - School-Based Health and Social Services

6143 - Courses of Study

Policy

adopted: 12/08/98

revised: 11/04/03

revised: 05/19/09