

**COMPREHENSIVE HEALTH EDUCATION**

The Governing Board believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy 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.

Goals for the district's health education program shall be designed to promote student wellness and shall include, but not be limited to, goals for nutrition education and physical activity.

The district will provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades K-8 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.

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.

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 Reference: (see next page)*

## COMPREHENSIVE HEALTH EDUCATION (continued)

### *Legal Reference:*

#### 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 Healthy 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*

*Management Resources continued: (see next page)*

**COMPREHENSIVE HEALTH EDUCATION (continued)**

*Management Resources: (continued)*

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.ca.gov>*

*California Healthy Kids Resource Center: <http://www.californiahealthykids.org>*

*California Subject Matter Project, Physical Education-Health Project: <http://csmf.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>*