

Instruction

COMPREHENSIVE HEALTH EDUCATION

BP 6142.8 (a)

The Board of Trustees believes that health education should foster the knowledge, skills, and ~~behaviors~~ **attitudes** that students need in order to lead healthy **lives and avoid high-risk behaviors, and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial in promoting healthy development for all students** ~~productive lives~~. The district's health education program shall **be part of a coordinated school health system which supports the physical, mental, and social well-being of students and is linked to district and community services and resources** ~~teach personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products, and services.~~

(cf. 0415 - Equity)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 - Other Food Sales)
(cf. 5131.6 - Alcohol and Other Drugs)
(cf. 5131.62 - Tobacco)
(cf. 5131.63 - Steroids)
(cf. 5137 - Positive School Climate)
(cf. 5141.22 - Infectious Diseases)
(cf. 5141.23 - Asthma Management)
(cf. 5141.3 - Health Examinations)
(cf. 5141.32 - Health Screening for School Entry)
(cf. 5141.4 - Child Abuse Prevention and Reporting)
(cf. 5141.5 - Mental Health)
(cf. 5141.52 - Suicide Prevention)
(cf. 5141.6 - School Health Services)
(cf. 5141.7 - Sun Safety)
(cf. 5142 - Safety)
(cf. 5145.3 - Nondiscrimination/Harassment)
(cf. 5146 - Married/Pregnant/Parenting Students)
(cf. 6164.2 - Guidance/Counseling Services)

Goals for the district's health education program shall be designed to promote student wellness and shall ~~be developed in accordance with Board policy. Such goals shall include, but not be limited to, goals for nutrition~~ **promotion and education, and physical activity, and other school-based activities that promote student well-being.**

(cf. 0200 – Goals for the School District)
(cf. 5030 - Student Wellness)
(~~cf. 6011 – Academic Standards~~)
(~~cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education~~)

COMPREHENSIVE HEALTH EDUCATION, continued

BP 6142.8 (b)

(cf. 6142.7 - Physical Education **Activity**)

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 and integrated with other content areas of the district's curriculum. 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.

(cf. 6011 - Academic Standards)

(cf. 6141 - Curriculum Development and Evaluation)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)

(cf. 6143 - Courses of Study)

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.

(cf. 1220 - Citizen Advisory Committees)

(cf. 1240 - Volunteer Assistance)

(cf. 1400 - Relations Between Other Governmental Agencies and the Schools)

(cf. 1700 - Relations Between Private Industry and the Schools)

(cf. 6020 - Parent Involvement)

(cf. 6145.8 - Assemblies and Special Events)

(cf. 6162.8 - Research)

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

(cf. 4131 - Staff Development)

~~The Board intends for health education to be part of a coordinated school health system that links district, school, and community programs and services to promote the health and well-being of students.~~

~~(cf. 1020 - Youth Services)~~

~~(cf. 3513.3 - Tobacco Free Schools)~~

~~(cf. 3514 - Environmental Safety)~~

~~(cf. 3550 - Food Service/Child Nutrition Program)~~

~~(cf. 3554 - Other Food Sales)~~

COMPREHENSIVE HEALTH EDUCATION, continued

BP 6142.8 (c)

~~(cf. 4020—Drug and Alcohol-Free Workplace)~~
~~(cf. 5131.6—Alcohol and Other Drugs)~~
~~(cf. 5131.63—Steroids)~~
~~(cf. 5141.22—Infectious Diseases)~~
~~(cf. 5141.3—Health Examinations)~~
~~(cf. 5141.32—Health Screening for School Entry)~~
~~(cf. 5141.4—Child Abuse Prevention and Reporting)~~
~~(cf. 5141.6—Student Health and Social Services)~~
~~(cf. 5142—Safety)~~
~~(cf. 5146—Married/Pregnant/Parenting Students)~~
~~(cf. 6164.2—Guidance/Counseling Services)~~

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, student achievement of district standards for health education, and the manner in which the district's health education program supports the physical, mental, and social well-being of students..**

(cf. 0500 - Accountability)
(cf. 6190 – Evaluation of the Instructional Program)

Legal Reference:

EDUCATION CODE

8850.5 Family relationships and parenting education
35183.5 Sun protection
49413 First aid **and cardiopulmonary resuscitation** training
49430-49436 Pupil Nutrition, Health and Achievement Act of 2001
49490-49493 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; **grades 1-6**
51220.5 Parenting skills; areas of instruction
51225.36 Sexual harassment and violence instruction; affirmative consent standard
51225.6 Compression-only cardiopulmonary resuscitation instruction
51260-51269 Drug education
~~51265—Gang violence and drug and alcohol abuse prevention inservice~~
51513 Personal beliefs; **exams, questionnaires, and surveys**
51890-51891 Comprehensive health education programs **and community participation; definitions**
51900.6 Sexual abuse and sexual assault awareness and prevention

COMPREHENSIVE HEALTH EDUCATION, continued

BP 6142.8 (d)

Legal Reference, continued:

EDUCATION CODE, continued:

51913 District health education plan

51920 Inservice training, health education

51930-51939 **California Healthy Youth Act**; Comprehensive sexual health and HIV/AIDS prevention education

67386 Affirmative consent; definition

CALIFORNIA CODE OF REGULATIONS, TITLE 5

11800-11801 District health education plan

UNITED STATES CODE, TITLE 42

1751-1769j National School Lunch Program, especially:

1758b Local wellness policy

1771-1793 Child nutrition programs, including National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019

The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018

Preventing Catastrophic Health Illness, Governance Brief, July 2018

Integrating Physical Activity into the School Day, April 2016

Promoting Healthy Relationships for Adolescents: Board Policy Considerations, August 2014

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008

Asthma Management in the Schools, Policy Brief, March 2008

Sun Safety in Schools, Policy Brief, July 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, ~~rev. 2005~~ **rev. April 2006**

AMERICAN ASSOCIATION FOR HEALTH EDUCATION PUBLICATIONS

National Health Education Standards: Achieving Excellence, ~~rev. November 2012~~

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Health Framework for California Public Schools: Kindergarten Through Grade Twelve, ~~2003~~ **2019**

Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008

HUMAN RIGHTS CAMPAIGN FOUNDATION PUBLICATIONS

California LGBTQ Youth Report, January 2019

~~CALIFORNIA DEPARTMENT OF HEALTH PUBLICATIONS~~

~~Jump Start Teens, 1997~~

WEB SITES

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

American School Health Association: <http://www.ashaweb.org>

California Association of School Health Educators: <http://www.cashe.org>

COMPREHENSIVE HEALTH EDUCATION, continued

BP 6142.8 (e)

Legal Reference, continued:

WEB SITES, continued

California Department of Education, Health Education: <http://www.cde.ca.gov/ci/he>

~~California Department of Health, School Health Connections:—~~

~~<http://www.mch.dhs.ca.gov/programs/she/she.htm>~~

California Department of Public Health: <http://www.cdph.ca.gov>

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

~~California Project LEAN (Leaders Encouraging Activity and Nutrition):—~~

~~<http://www.californiaprojectlean.org>~~

California Subject Matter Project, Physical Education-Health Project: <https://csmp.online>

Center for Injury Prevention Policy and Practice: <http://www.cipp.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Human Rights Campaign Foundation: <https://www.hrc.org/>

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

National Hearing Conservation Association: <http://www.hearingconservation.org>

Shape America Society of Health and Physical Educators: <https://www.shapeamerica.org>

Policy

adopted: January 8, 2008

revised: _____

SAN JACINTO UNIFIED SCHOOL DISTRICT

San Jacinto, California