Students

BP 6142.8 (a)

COMPREHENSIVE HEALTH EDUCATION

The Governing Board 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 parent/guardians and community members.

(cf. 3513.3 - Tobacco-Free Schools/Smoking)
(cf. 3514 - Environmental Safety)
(cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3554 – Other Food Sales
(cf. 4020 - Drug and Alcohol-Free Workplace)
(cf. 4119.43/4219.43/4319.43 - Universal Precautions)
(cf. 5030 - Student Wellness)
(cf. 5131.6 – Alcohol and Other Drugs)
(cf. 5131.63 – Anabolic Steroids)
(cf. 5141.23 - Infectious Disease Prevention)
(cf. 5141.3 - Health Examinations)
(cf. 5141.32 – Child Health and Disability Prevention Program)
(cf. 5141.4 – Child Abuse Reporting Procedures)
(cf. 5142 - Safety)
(cf. 5146 - Married/Pregnant/Parenting Students)
(cf. 6142.1 – Family Life/Sex Education)
(cf. 6142.2 - AIDS Instruction)
(cf. 6142.7 - Physical Education)
(cf. 6164.2 – Guidance Services)

The Board believes that health education should foster the knowledge, skills and behaviors that students will need in order to lead healthy, productive lives. Besides understanding the process of growth and development, students should know how to obtain and use health-related information, products and services. They should learn to accept personal responsibility for their own lifelong health and to respect and promote the health of others.

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
4. Communicable and chronic diseases
5. Personal health, including but not limited to, lessons that address the hazardous effects of excessive noise on hearing and ways to protect hearing
6. Mental and emotional health
7. Injury prevention and safety
8. Alcohol, tobacco and other drugs
9. Environmental health
10. Consumer and community health

(cf. 6143 - Courses of Study)
COMPREHENSIVE HEALTH EDUCATION (continued)

The above content areas shall be addressed in a planned, sequential curriculum for students in kindergarten through 12th grade.

Upon written request by a student’s parent/guardian, a student shall be excused from any part of the health instruction that conflicts with the parents guardians 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. (Education Code 48980, 51240)

(cf. 5145.6 – Notifications Required by Law)

Legal Reference:
EDUCATION CODE
8850.5 Family relationships and parenting education
35183.5 Sun protection
49413 First aid training
49030-49436 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
51220.5 Parenting skills; areas of instruction
51260-51269 Drug Education
51265 Gang violence and drug and alcohol abuse prevention inservice
51513 Personal beliefs
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

CODE OF REGULATIONS, TITLE 5
11800 District health education plan

Management Resources:
CSBA PUBLICATIONS
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003
CALIFORNIA DEPARTMENT OF HEALTH PUBLICATIONS
Jump Start Teens, 1997
WEB SITES
CSBA: http://www.csba.org
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/shc/shc.htm
California Healthy Kids Resource Center: http://www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition):
http://www.californiaprojectlean.org
Centers for Disease Control and Prevention: http://www.cdc.gov
National Hearing Conservation Association: http://www.hearingconservation.org