

**COMPREHENSIVE HEALTH EDUCATION**

The Board of Trustees believes that health education should foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall 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.

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 education and physical activity.

*(cf. 5030 - Student Wellness)*  
*(cf. 6011 - Academic Standards)*  
*(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)*  
*(cf. 6142.7 - Physical Education)*

The district shall provide a planned, sequential, research-based, and age-appropriate health education curriculum for students in grades 9-12. The content of health instruction shall be offered in accordance with law, Board policy, administrative regulation, and shall be aligned with state curriculum frameworks.

*(cf. 6143 - Courses of Study)*

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)*  
*(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)*

*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*
  - 49490-49493 *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*
- #### CALIFORNIA CODE OF REGULATIONS, TITLE 5
- 11800-11801 *District health education plan*

### *Management Resources:*

#### CSBA PUBLICATIONS

- Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005*
- #### 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>