

**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  
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  
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>