

Policy 6142.8: Comprehensive Health Education

Status: Board Approved 5/17/21

Original Adopted Date: 11/01/2003 | Last Revised Date: 03/01/2021 | Last Reviewed Date: 07/01/2008

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, and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial in promoting healthy development for all students. 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.

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 promotion and education, physical activity, and other school-based activities that promote student well-being.

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.

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, the state curriculum framework, 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, 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.

Policy Reference Disclaimer:These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References	Description
5 CCR 11800-11801	District health education plan
Ed. Code 35183.5	Sun protection
Ed. Code 49413	First aid training
Ed. Code 49430-49434	Pupil Nutrition, Health, and Achievement Act of 2001
Ed. Code 49490-49494	School breakfast and lunch programs
Ed. Code 49500-49505	School meals
Ed. Code 51202	Instruction in personal and public health and safety
Ed. Code 51203	Instruction on alcohol, narcotics and dangerous drugs

Ed. Code 51210	Course of study for grades 1-6
Ed. Code 51210.8	Health education curriculum
Ed. Code 51220.5	Parenting skills; areas of instruction
Ed. Code 51260-51269	Drug education
Ed. Code 51513	Personal beliefs
Ed. Code 51880-51881.5	Health education, legislative findings and intent
Ed. Code 51890-51891	Comprehensive health education programs
Ed. Code 51913	District health education plan
Ed. Code 51920	Inservice training, health education
Ed. Code 51930-51939	California Healthy Youth Act
Ed. Code 8850.5	Family relationships and parenting education

Federal References

42 USC 1751-1769j	National School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act

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Management Resources References

American Association For Health Ed Publication	National Health Education Standards: Achieving Excellence, 2007
California Department of Education Publication	Health Education Content Standards for California Public Schools, Kindergarten Through Grade 12, 2008
California Department of Education Publication	Health Framework for California Public Schools: Kindergarten through Grade 12, 2003
CSBA Publication	Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007
CSBA Publication	Physical Education and California Schools, Policy Brief, rev. October 2007
CSBA Publication	Asthma Management in the Schools, Policy Brief, March 2008
CSBA Publication	Sun Safety in Schools, Policy Brief, July 2006
CSBA Publication	Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007
CSBA Publication	Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006
Website	American Association for Health Education - https://simbli.eboardsolutions.com/SU/TAjwf4p45gQfZpmHxHslshB5w==
Website	American School Health Association - https://simbli.eboardsolutions.com/SU/xbFajmJTnqHCplusPvz3KmxVQ==
Website	California Association of School Health Educators - https://simbli.eboardsolutions.com/SU/slshJunLs9DKzWmdhUUzQXqhw==
Website	California Department of Education, Health Education - https://simbli.eboardsolutions.com/SU/RZQSMKDFaslhEyEB23OWZCQ==
Website	California Subject Matter Project, Physical Education-Health Project - https://simbli.eboardsolutions.com/SU/08DUYBudyheEcplus3zIBSyQw==
Website	Center for Injury Prevention Policy and Practice - https://simbli.eboardsolutions.com/SU/4NO39Fslsh5L6SPD2CrZZavWw==
Website	National Center for Health Education - https://simbli.eboardsolutions.com/SU/hln4hkQ99nyJXFEzrgLJWw==

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Website	National Hearing Conservation Association - https://simbli.eboardsolutions.com/SU/7tMEcYWajQ8WzRWT1oq6tw==
Website	California Healthy Kids Resource Center - https://simbli.eboardsolutions.com/SU/Ve9Yf61snLK7fRzOPU1xiQ==
Website	California Department of Public Health - https://simbli.eboardsolutions.com/SU/plusKghL3cnZRJOzDybcVsugA==
Website	Centers for Disease Control and Prevention - https://simbli.eboardsolutions.com/SU/Gfx4spY2pCn7TBGiShp9oA==
Website	CSBA - https://simbli.eboardsolutions.com/SU/W3QxkK2FPsDsQBnMIENxGg==

Cross References

0200	Goals For The School District - https://simbli.eboardsolutions.com/SU/pXGcAV8yiQAz7ES7Po6dQw==
0450	Comprehensive Safety Plan - https://simbli.eboardsolutions.com/SU/r4vTslshoYLVujplusGaGRffa0mA==
0450	Comprehensive Safety Plan - https://simbli.eboardsolutions.com/SU/H5ZxOaslshHOeexslshGjrvQ4J5Q==
0470	COVID-19 Mitigation Plan - https://simbli.eboardsolutions.com/SU/gx6z1OE0WF1n2Des17d7IA==
0500	Accountability - https://simbli.eboardsolutions.com/SU/36n1lvWRslshNQ2wNcoUHslshahA==
1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/0WSjTLZKDbFqsvGfGFOH0w==
1220	Citizen Advisory Committees - https://simbli.eboardsolutions.com/SU/juOYEK7plusYSlefUmpNc65w==
1240	Volunteer Assistance - https://simbli.eboardsolutions.com/SU/b2GVRVaWTVFROdxAWVY1Gw==
1240	Volunteer Assistance - https://simbli.eboardsolutions.com/SU/KkmslshUPuhFX25DG17rR6nrQ==
1325	Advertising And Promotion - https://simbli.eboardsolutions.com/SU/ILqe0U4a9YnwClaMkPWVUg==
1400	Relations Between Other Governmental Agencies And The Schools - https://simbli.eboardsolutions.com/SU/2slshOddASNpRgaSFRbxqwJpQ==
1700	Relations Between Private Industry And The Schools - https://simbli.eboardsolutions.com/SU/hwBikl8KlgbB1ULvO9d32A==
3513.3	Tobacco-Free Schools - https://simbli.eboardsolutions.com/SU/SfEgXhkTaOaxWQUBi30Kzg==
3513.3	Tobacco-Free Schools - https://simbli.eboardsolutions.com/SU/UNNP33JIQq13F4UY0frvcw==
3513.4	Drug And Alcohol Free Schools - https://simbli.eboardsolutions.com/SU/NjNas6YslshVrD5emvU2inQpA==
3514	Environmental Safety - https://simbli.eboardsolutions.com/SU/OFPu5kcU3rlxvos9Yytu2A==
3514	Environmental Safety - https://simbli.eboardsolutions.com/SU/8B0m9oSLxY988ehCNH9QCA==
3516	Emergencies And Disaster Preparedness Plan - https://simbli.eboardsolutions.com/SU/U6q3R6uCNKklrbzwpplusx1f6w==
3516	Emergencies And Disaster Preparedness Plan - https://simbli.eboardsolutions.com/SU/lrZZ13R8q3fMmtqc4h6BLA==

3543	Transportation Safety And Emergencies - https://simbli.eboardsolutions.com/SU/CnWplus8Tww7eLQE6ubH0Kz3A==
3550	Food Service/Child Nutrition Program - https://simbli.eboardsolutions.com/SU/xEpGyVq1KFauAWCcbwbauw==
3550	Food Service/Child Nutrition Program - https://simbli.eboardsolutions.com/SU/pD66NjFKTU99Ny01seebGA==
3554	Other Food Sales - https://simbli.eboardsolutions.com/SU/5Pslshyr94U8O7AqOy7k6r40Q==
3554	Other Food Sales - https://simbli.eboardsolutions.com/SU/U2HZmL6jrKEINP3BRU2jGw==
4131	Staff Development - https://simbli.eboardsolutions.com/SU/mplusfJtQCJn0ArH43NKz32QQ==
5020	Parent Rights And Responsibilities - https://simbli.eboardsolutions.com/SU/6Guiatmo262LpAqarByDPg==
5020	Parent Rights And Responsibilities - https://simbli.eboardsolutions.com/SU/7RDEzclCOVvk1wt5LiVSKKg==
5022	Student And Family Privacy Rights - https://simbli.eboardsolutions.com/SU/sa8O4rfSZywww1fVNngpluspJA==
5022	Student And Family Privacy Rights - https://simbli.eboardsolutions.com/SU/D6PgriB7aoFoslsHFYpnlsG8w==
5030	Student Wellness - https://simbli.eboardsolutions.com/SU/EzplusOxXTGDB5CLngEawpLeA==
5131	Conduct - https://simbli.eboardsolutions.com/SU/rcn2VGELy8pB5ycAAiZE9w==
5131.6	Alcohol And Other Drugs - https://simbli.eboardsolutions.com/SU/ehwaVjHFsKfboxMDjfETjQ==
5131.6	Alcohol And Other Drugs - https://simbli.eboardsolutions.com/SU/xzplusi2SplusKSeQu0AFVCplusJC5g==
5131.63	Steroids - https://simbli.eboardsolutions.com/SU/zF0yQ3OHOpuswqlf3dD8wYg==
5131.63	Steroids - https://simbli.eboardsolutions.com/SU/TUcs37QLzgrnBsHJOft9lg==
5137	Positive School Climate - https://simbli.eboardsolutions.com/SU/jRjgplusopnUd0uMgyHO1dvGw==
5138	Conflict Resolution/Peer Mediation - https://simbli.eboardsolutions.com/SU/zrtUWYLBw90n4vZ5zZslsh5Rg==
5141	Health Care And Emergencies - https://simbli.eboardsolutions.com/SU/jBuNCsiUislsH2HEvakqQPHvA==
5141	Health Care And Emergencies - https://simbli.eboardsolutions.com/SU/3kRQYo1qgPRDQdnVRVeBlw==
5141.21	Administering Medication And Monitoring Health Conditions - https://simbli.eboardsolutions.com/SU/iTOZjMBTft1DrQVHeJE2pQ==
5141.21	Administering Medication And Monitoring Health Conditions - https://simbli.eboardsolutions.com/SU/1jKEQHB6MrCiKFiocvVHqw==
5141.22	Infectious Diseases - https://simbli.eboardsolutions.com/SU/qtbslsHa4seX9VQt9pLslkq9A==
5141.22	Infectious Diseases - https://simbli.eboardsolutions.com/SU/Ai0xgYkyJszdlsHJU44m1KtQ==
5141.23	Asthma Management - https://simbli.eboardsolutions.com/SU/nmhQPDINxLZZnPBhPuKX3A==

5141.23	Asthma Management - https://simbli.eboardsolutions.com/SU/IY1ORbajcZU1g413QROWkA==
5141.3	Health Examinations - https://simbli.eboardsolutions.com/SU/Xv9kl7q4xkrB9PI6g5FDg==
5141.3	Health Examinations - https://simbli.eboardsolutions.com/SU/hPTWuOZnrceIn9trVDMrg==
5141.32	Health Screening For School Entry - https://simbli.eboardsolutions.com/SU/3vi1YpnFW8anZE54wbDnQQ==
5141.4	Child Abuse Prevention And Reporting - https://simbli.eboardsolutions.com/SU/sXGCgqmDS6gnPGrBTceleQ==
5141.4	Child Abuse Prevention And Reporting - https://simbli.eboardsolutions.com/SU/u2ot8rMOZrxSYghmhMiNvQ==
5141.52	Suicide Prevention - https://simbli.eboardsolutions.com/SU/mNrRqoZj8NwwwJCBUhMHw==
5141.52	Suicide Prevention - https://simbli.eboardsolutions.com/SU/oq5RdV2ZAnplusZsO7XakplusO0Q==
5141.6	School Health Services - https://simbli.eboardsolutions.com/SU/mpMwocGFcF5WmFMN2Mddew==
5141.6	School Health Services - https://simbli.eboardsolutions.com/SU/eslshfkwtoCdMUhIvzbzzvxgg==
5141.7	Sun Safety - https://simbli.eboardsolutions.com/SU/tEmslshhm9DAf3g8GxQFZEYZQ==
5142	Safety - https://simbli.eboardsolutions.com/SU/dz5K1iBya2cVusclfedvSg==
5142	Safety - https://simbli.eboardsolutions.com/SU/5slshapUAXOA1sFMKxHhrA7ag==
5145.3	Nondiscrimination/Harassment - https://simbli.eboardsolutions.com/SU/3RLPKjNPnN7ZGURJ4LNGYw==
5145.3	Nondiscrimination/Harassment - https://simbli.eboardsolutions.com/SU/CUCON6Qd8nkjOdljoQgkAQ==
5145.7	Sexual Harassment - https://simbli.eboardsolutions.com/SU/E7h3EO9DD8llqYN6cMgv4Q==
5145.7	Sexual Harassment - https://simbli.eboardsolutions.com/SU/T5Lzf3slshqNsWLeXOOYuFrQ==
5145.9	Hate-Motivated Behavior - https://simbli.eboardsolutions.com/SU/2C1cOntr2lsnbJtzyV3eHQ==
5146	Married/Pregnant/Parenting Students - https://simbli.eboardsolutions.com/SU/ZsZwJAXCs9U07wvqBsZBPQ==
6011	Academic Standards - https://simbli.eboardsolutions.com/SU/QCc9avwo9EppA8zkP8tgaw==
6020	Parent Involvement - https://simbli.eboardsolutions.com/SU/T71dReh9S6pZ9uXsSTLkmQ==
6020	Parent Involvement - https://simbli.eboardsolutions.com/SU/McO6plus072KXxGom2Ne4rQfQ==
6141	Curriculum Development And Evaluation - https://simbli.eboardsolutions.com/SU/IFe1ILa9sLGfQ8gVmjtBA==
6141	Curriculum Development And Evaluation - https://simbli.eboardsolutions.com/SU/JocTKZgtA4DUcGmpMQuKmA==
6141.2	Recognition Of Religious Beliefs And Customs - https://simbli.eboardsolutions.com/SU/Z7TAZwGslshPMatJVvNQS9TsA==
6141.2	Recognition Of Religious Beliefs And Customs - https://simbli.eboardsolutions.com/SU/TFee6XyRmKzFXU7slshRX5FplusQ==

6142.1	Sexual Health And HIV/AIDS Prevention Instruction - https://simbli.eboardsolutions.com/SU/pluswzPSa7cW1vikqN9Zjb8uw==
6142.1	Sexual Health And HIV/AIDS Prevention Instruction - https://simbli.eboardsolutions.com/SU/twpdaVTslshMTx1qk1asKgRSw==
6142.5	Environmental Education - https://simbli.eboardsolutions.com/SU/ZITCqQgDchtslshATEb92v0IA==
6142.7	Physical Education And Activity - https://simbli.eboardsolutions.com/SU/jmeWG6cdDIplus7C6oNRm8Btg==
6142.7	Physical Education And Activity - https://simbli.eboardsolutions.com/SU/JBEj1YzXRZz8w6zZslshcdnxw==
6143	Courses Of Study - https://simbli.eboardsolutions.com/SU/KadpLGwvjO42StQA9s281w==
6143	Courses Of Study - https://simbli.eboardsolutions.com/SU/GkRe0t2P2slshnUoqylERGo3A==
6144	Controversial Issues - https://simbli.eboardsolutions.com/SU/nplusntqMmAGWxJyffUxXi4Hg==
6145.8	Assemblies And Special Events - https://simbli.eboardsolutions.com/SU/w2QtmMy9sNfLHYiMivpF2w==
6146.1	High School Graduation Requirements - https://simbli.eboardsolutions.com/SU/XIUMDPctV6slsh17yhV5XwTaQ==
6146.1	High School Graduation Requirements - https://simbli.eboardsolutions.com/SU/w31E1WTO8FvslshpkTwx7wQfg==
6161.1	Selection And Evaluation Of Instructional Materials - https://simbli.eboardsolutions.com/SU/uqowPqB4KjWEQfoABYplusjRA==
6161.1	Selection And Evaluation Of Instructional Materials - https://simbli.eboardsolutions.com/SU/HkayEkIKrp1w3Ozn48elaQ==
6161.1-E(1)	Selection And Evaluation Of Instructional Materials - https://simbli.eboardsolutions.com/SU/7iB3CNRJwd809EuUaXFXZQ==
6162.8	Research - https://simbli.eboardsolutions.com/SU/FxBtuplusuqid3MsdhM5dzkWW==
6162.8	Research - https://simbli.eboardsolutions.com/SU/plusS80cNiZnTslshKg2Gbpp0Fug==
6163.4	Student Use Of Technology - https://simbli.eboardsolutions.com/SU/JGEzNOif276slshdQ1x079gdw==
6163.4-E(1)	Student Use Of Technology - https://simbli.eboardsolutions.com/SU/LgUhZWlaStCLhVsHclhmXw==
6164.2	Guidance/Counseling Services - https://simbli.eboardsolutions.com/SU/PbMOojolGWaiCvxEeZkuDQ==
6172	Gifted And Talented Student Program - https://simbli.eboardsolutions.com/SU/GlsoVYjStcgUkgkeKjqzplusw==
6172	Gifted And Talented Student Program - https://simbli.eboardsolutions.com/SU/nbCE1Vwv4VoSW9wYnRxK9w==
6190	Evaluation Of The Instructional Program - https://simbli.eboardsolutions.com/SU/5g5l1ot52GEZ7AloQxXQVA==