Code: **IGAE**
Adopted: June 24, 2006

# Health Education Program

The Board recognizes that health and student success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially. Consequently, the district shall develop, adopt and implement a coordinated, comprehensive school health program.

It is the intent of the Board that the district's program be designed in response to demonstrated community needs; be based on models that demonstrate evidence of effectiveness; emphasize a positive youth development approach; and respond to district families' needs and preferences. The school health program shall be designed to incorporate the following:

1. A school environment that is safe; that is physically, socially and psychologically healthful; and that promotes health-enhancing behaviors;
2. A sequential, age-appropriate health education, physical education and nutrition instruction curriculum provided in pre-kindergarten through grade 12 and that is designed to motivate and help students maintain and improve their health, prevent disease and avoid health-related risk behaviors;
3. Food services activities that are coordinated with the district's nutrition education curriculum;
4. School health services activities that are designed to ensure access and/or referral to primary health care services, foster appropriate use of health care services, prevent and control communicable disease and other health problems, and provide emergency care for illness or injury;
5. Counseling, psychological and social services activities that are designed to ensure access and/or referral to assessments, interventions and other services for students' mental, emotional and social health;
6. Integrated family and community involvement activities that are designed to engage families as active participants in their student's education, that support the ability of families to support student's school achievement, and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students; and
7. Opportunities for school staff to improve their health status through activities such as health assessments, health education, health-related fitness and similar activities.

The superintendent will develop administrative regulations as necessary to implement this policy, including specific provisions for the responsibilities of staff under the district's program and for evaluation of each component of the school's health program on an [annual] [regular] basis.

END OF POLICY

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Legal Reference(s):