

## **P6790 HEALTH AND HEALTH EDUCATION K-5**

### **BOARD POLICY:**

**Health education is a continuous process which motivates the individual to develop and maintain social, emotional, physical, and intellectual well being. The process occurs through establishing behavior patterns personally and socially responsible and by avoiding actions harmful to self and/or others.**

Administrative Implemental Procedures:

1. Principals, teachers, school nurses and building support personnel, and Learning Services personnel will work cooperatively in providing a comprehensive health program.
2. Guiding principles, which facilitate the attainment of a comprehensive health program, are:
  - a. Students understanding the structure and function of the human body and patterns of healthy growth and development.
  - b. Students developing an understanding of the effects of healthy and unhealthy practices on the body.
  - c. Students understanding the impact the environment has on personal health.
3. Health instruction must be factual, up-to-date, and relevant.
4. The decision-making process should be emphasized throughout health instruction. Students should look at different alternatives in problem solving and possible consequences of their choices.
5. Health education must be activity based for student involvement in the learning process.

Administrative Responsibility: Learning Services

Latest Revision Date: September 2006

Previous Revision Date: March 1999 P6790

Updated administratively for alignment purposes: March 2021