

Instruction

Comprehensive Health Education

The Board of Education 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 approach to student health which recognizes that mental health and social connection are critical to student's overall health, well-being, and academic success, supports the physical, mental, and social well-being of students, reflects the importance of digital and media literacy, 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.

Any health education course offered to middle or high school students shall include instruction in mental health that meets the requirements of Education Code 51925-51926, and as specified in Administrative Regulation 6143 - Courses of Study.

The District shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades kindergarten-12 that 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.

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.

Parent/Guardian Notification and Opt-Out

Parents/guardians shall be notified that they may request in writing to opt their students out of participating in instruction and assessments, including anonymous and confidential tests, questionnaires, and surveys, as specified in the accompanying administrative regulation. Students so excused shall be given an alternative educational activity. Additionally, a student shall not be subject to disciplinary action, academic penalty, or other sanction if the student's parent/guardian opts the student out of such instruction. (Education Code 51240, 51900.6, 51938, 51939)

Legal Reference:

EDUCATION CODE

8850.5 Family relationships and parenting education

35183.5 Sun protection

49413 First aid and cardiopulmonary resuscitation 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 Course of study for grades 1-6

51210.8 Health education curriculum

51220.5 Parenting skills; areas of instruction

51225.36 Instruction in sexual harassment and violence; districts that require health education for graduation

51225.38 Instruction in the dangers associated with fentanyl use

51225.6 Instruction in cardiopulmonary resuscitation; districts that require health education for graduation

51240 Excuse from instruction due to religious beliefs

51260-51269 Drug education

51513 Personal beliefs

51880-51881.5 Health education; legislative findings and intent

51890-51891 Comprehensive health education programs and community participation; definitions

51900.6 Sexual abuse and sexual assault awareness and prevention instruction

51913 District health education plan

51920 Inservice training, health education

51925-51929 Mandatory mental health education and in-service training

51930-51939 California Healthy Youth Act

67386 Student safety; affirmative consent standard

CODE OF REGULATIONS, TITLE 5

11800-11801 District health education plan

UNITED STATES CODE, TITLE 42

1751-1769j School Lunch Program

1758b Local wellness policy

1771-1793 Child Nutrition Act