

**COMPREHENSIVE HEALTH EDUCATION**

The Board of Trustees perceives health education as 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, health promotion for staff and parent/guardian/community involvement.

- (cf. 3513.3 - Tobacco-Free Schools)*
- (cf. 3514 - Environmental Safety)*
- (cf. 3550 - Food Service/Child Nutrition Program)*
- (cf. 4020 - Drug and Alcohol-Free Workplace)*
- (cf. 4119.43/4219.43/4319.43 - Universal Precautions)*
- (cf. 5141.23 - Infectious Disease Prevention)*
- (cf. 5141.6 - School-Based Health and Social 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 instruction related to the following:

1. Personal health
2. Consumer and community health
3. Injury prevention and safety
4. Alcohol, tobacco and other drugs
5. Nutrition
6. Environmental health
7. Family living
8. Individual growth and development
9. Communicable and chronic diseases

*(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 twelfth grade. Concepts related to mental and emotional health shall be woven throughout the content areas.

*Legal Reference:*

EDUCATION CODE

- 8850.5 Family relationships and parenting education*
- 38085 Sale of specified food items*
- 44806 Duty concerning instruction of students*
- 49413 First aid training*
- 49490 Child nutrition needs*
- 49500 Meals for students*
- 49530 Legislative intent*
- 51201.5 Instruction on AIDS and AIDS prevention*
- 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*
- 51240 Excuse from instruction due to religious beliefs*
- 51260 Appropriately trained instructors*
- 51265 Gang violence and drug and alcohol abuse prevention inservice*
- 51513 Personal beliefs*
- 51550 Sex education courses*
- 51553 Sex education classes; course criteria*
- 51820 Venereal disease instruction; notifications; inspection of materials*
- 51890 Comprehensive health education programs*

*Management Resources:*

CDE PUBLICATIONS

*Health Framework for California Public Schools, 1994*