

Instruction

Comprehensive Health Education

The Governing Board believes that health education should foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall teach personal responsibility for one's own lifelong health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products, and services.

Goals for the district's health education program shall be designed to promote student wellness and shall be developed in accordance with Board policy. Such goals shall include, but not be limited to, goals for nutrition education and physical activity.

The district shall provide a planned, sequential, research-based, and age-appropriate health education curriculum for students in grades K-12. The content of health instruction shall be offered in accordance with law, Board policy, administrative regulation, and shall be aligned with state curriculum frameworks.

The Board intends for health education to be part of a coordinated school health system that links district, school, and community programs and services to promote the health and well-being of students.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program.

Legal Reference:

EDUCATION CODE

[8850.5](#) Family relationships and parenting education

[35183.5](#) Sun protection

[49413](#) First aid 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](#) Areas of study

[51220.5](#) Parenting skills; areas of instruction

[51260-51269](#) Drug education

[51265](#) Gang violence and drug and alcohol abuse prevention inservice

[51513](#) Personal beliefs

[51890-51891](#) Comprehensive health education programs

[51913](#) District health education plan

[51920](#) Inservice training, health education

[51930-51939](#) Comprehensive sexual health and HIV/AIDS prevention education

CODE OF REGULATIONS, TITLE 5

[11800-11801](#) District health education plan