



## Instruction

### Comprehensive Health Education

The Governing Board intends for health education to be 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, and involvement of parents/guardians and community members.

*(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. 4119.43/4219.23/4319.23 - Universal Precautions)*  
*(cf. 5141.23 - Infectious Disease Prevention)*  
*(cf. 5141.3 - Health Examinations)*  
*(cf. 5141.6 - Student Health and Social Services)*  
*(cf. 5142 - Safety)*  
*(cf. 5146 - Married/Pregnant/Parenting Students)*  
*(cf. 6142.2 - AIDS Prevention Instruction)*  
*(cf. 6142.7 - Physical Education)*  
*(cf. 6164.2 - Guidance/Counseling 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 age-appropriate health education including, but not limited to, instruction related to:

1. Family living
2. Individual growth and development
3. Nutrition
4. Communicable and chronic diseases



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5. Personal health, including but not limited to, lessons that address the hazardous effects of excessive noise on hearing and ways to protect hearing
6. Mental and emotional health
7. Injury prevention and safety
8. Alcohol, tobacco and other drugs
9. Environmental health
10. Consumer and community health

*(cf. 6143 - Courses of Study)*

The above content areas shall be addressed in a planned, sequential curriculum for students in kindergarten through 12th grade.

Upon written request by a student's parent/guardian, a student shall be excused from any part of the health instruction that conflicts with the parent's/guardian's religious training, beliefs or personal moral convictions. Parents/guardians shall receive notification at the beginning of each school year regarding their right to excuse students from health instruction on these grounds. (Education Code 48980, 51240)

*(cf. 5145.6 - Parental Notifications)*

Legal Reference on next page

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#### *Legal Reference:*

##### *EDUCATION CODE*

- 233.5 Duty concerning instruction of students*
- 8850.5 Family relationships and parenting education*
- 38085 Sale of specified food items*
- 49413 First aid training*
- 49490-49493 Child nutrition needs*
- 49500 Meals for students*
- 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*
- 51260-51269 Drug education*
- 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*
- 51890-51891 Comprehensive health education programs*

#### *Management Resources:*

##### *CDE PUBLICATIONS*

*Health Framework for California Public Schools, 1994*

##### *WEB SITES*

*CDE: <http://www.cde.ca.gov>*

*Centers for Disease Control and Prevention: <http://www.cdc.gov>*

*National Hearing Conservation Association: <http://www.hearingconservation.org>*

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