

## COMPREHENSIVE HEALTH EDUCATION

The Governing Board believes that health education should foster the knowledge, skills, and ~~behaviors~~ attitudes that students need in order to lead healthy, ~~productive lives~~. ~~The district's health education program shall teach personal responsibility~~ lives and avoid high-risk behaviors, and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial in promoting healthy development for ~~one's own lifelong health, respect for and promotion of the~~ all students. The district's health education program shall be part of a coordinated school health system which recognizes that mental health ~~of others~~, 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 ~~process~~ importance of ~~growth~~ digital and ~~development~~ media literacy, and ~~informed use of health-related information, products,~~ is linked to district and community services- and resources.

Goals for the ~~district's~~ 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~~ include, but not be limited to, goals for nutrition promotion and education ~~and~~, physical activity-

~~(cf. 5030 - Student Wellness)~~, 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 ~~age~~-developmentally appropriate health education curriculum for students in grades K-~~8~~. ~~The content of health instruction shall~~ 12 which 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 ~~offered~~ addressed, in accordance with law, Board policy, and administrative regulation, ~~and~~.

As appropriate, the Superintendent or designee shall involve school administrators, teachers, school nurses, health professionals representing various fields of health care, parents/guardians, community-based organizations, and other community members in the development, implementation, and evaluation of the district's health education program. Health and safety professionals may be ~~aligned with~~ invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

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 ~~frameworks~~.

~~(cf. 6143 - Courses of Study)~~

~~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.—~~

~~(cf. 3550 - Food Service/Child Nutrition Program)~~

~~(cf. 3554 - Other Food Sales)~~

~~(cf. 4020 - Drug and Alcohol-Free Workplace)~~

~~(cf. 5131.6 - Alcohol and Other Drugs)~~

~~(cf. 5141.3 - Health Examinations)~~

~~(cf. 5146 - Pregnant/Parenting Students)~~

~~(cf. 6164.2 - Guidance/Counseling Services)~~ framework, and effective instructional methodologies.

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

~~Legal~~ district's health education program, which may include, but not be limited to, a description of the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, student achievement of district standards for health education, and the manner in which the district's health education program supports the physical, mental, and social well-being of students.

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