



Mountain View  
Whisman  
School District

# Physical Education and Health Update

November 16, 2017





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School District

# Physical Education and Health Requirements

# Physical Education Requirements

## Transitional Kindergarten and Kindergarten

- No state required minutes

## Grades 1 - 6

- Students in grades one through six must be provided with PE instruction for a total period of time of not less than 200 minutes each 10 schooldays, exclusive of recesses and the lunch period" (*EC Section 51210[a][7]*).

## Grades 7-12

- All pupils, except pupils excused or exempted pursuant to Section 51241, shall be required to have physical education for a total period of time of not less than 400 minutes each 10 schooldays" (*EC Section 51222[a]*).

# Health Education

- Current Health Standards and Framework adopted in 2008 are currently being revised
  - Fifth grade standards include ten standards on Growth, Development, and Sexual Health
- New Health Education Framework and Standards slated to be adopted in May 2019
- California Healthy Youth Act - enacted January 1, 2016 integrates the instruction of comprehensive sexual health education and HIV prevention education
  - Changed the requirement from opt-in to opt-out for parents

# California Health Youth Act

Requires school districts to ensure that all pupils in grades seven to twelve, inclusive, receive comprehensive sexual health education and HIV prevention education.

A school district may provide comprehensive sexual health education or HIV prevention education consisting of age-appropriate instruction earlier than grade seven using instructors trained in the appropriate courses.

*EC* Section 51933 requires that comprehensive sexual health education shall:

- Be age appropriate; medically accurate and objective
- Be available on an equal basis to English language learners
- Be appropriate for use with pupils of all races, genders, sexual orientations, and ethnic and cultural backgrounds;
- Be appropriate for and accessible to pupils with disabilities.
- Encourage students to communicate with their parents or guardians about human sexuality
- Teach respect for marriage and committed relationships.
- Not teach or promote religious doctrine nor reflect or promote bias against any person on the basis of any category protected by the non-discrimination policy codified in *EC* Section 220.



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# Programming History

# Elementary Physical Education

- The District contracts with Rhythm and Moves to provide Physical Education for all elementary schools
- All students in grades 1 - 5 have two 50 minutes periods of Physical Education each week taught by a credentialed teacher. Kindergarten teachers teach their own Physical Education
- Instruction is based on the California Physical Education standards and the SHAPE (Society of Health and Physical Educators) national standards for Physical Education

# Middle School Physical Education

- The District employs Physical Education Teachers at each middle school
- Class sizes range from 23 - 45 depending on scheduling students/classes. The goal is to average 36 students per class
- Students currently have physical education 4 days a week for a total of 240 minutes per week
- Teachers design instruction using the California standards and framework for Physical Education



# Health Education - History

- Human Growth and Development was offered in 4th, 5th and 8th grade
- Teachers were charged with delivering the instruction with limited professional development provided by District nurse
- Curricula was delivered inconsistently across sites
- Curricula was out of date
- District always offered a parent preview in the fall and kept copies of curricula for review at District office
- Parents had to sign a permission slip to “opt-in” students

# Health Education - History

**2011 - 12:** Request to revise 8th grade program due to inconsistency of delivery and messaging

**2012-13:** Curricula re-written by District nurse, without a committee, to align with standards and taught by nurse instead of science teachers

**2015-16:** California Healthy Youth Act (CHYA) passes and takes effect on January 1, 2016

**Summer 2015:** District looks for new curricula that aligns to standards and CHYA

# Health Education - History

2015-16: 4th grade program discontinued - Standards do not contain Growth, Development and Sexual Health standards

2015-16: Piloted Health Connected - Puberty Talk in spring for 5th grade

- Parent preview night and material available at District office
- Health Connected Educators taught at Huff and Monta Loma
- District nurses at other elementary schools

2015-16: Continued District program for 8th grade with nurses doing instruction

# Health Education - History

2016 - 17: Continued Health Connected Puberty Talk in 5th grade and added Health Connected Teen Talk for 8th grade

- Parent preview nights and material available at District office
- Health Connected Educators taught at all schools
- Puberty Talk opt-outs: 29

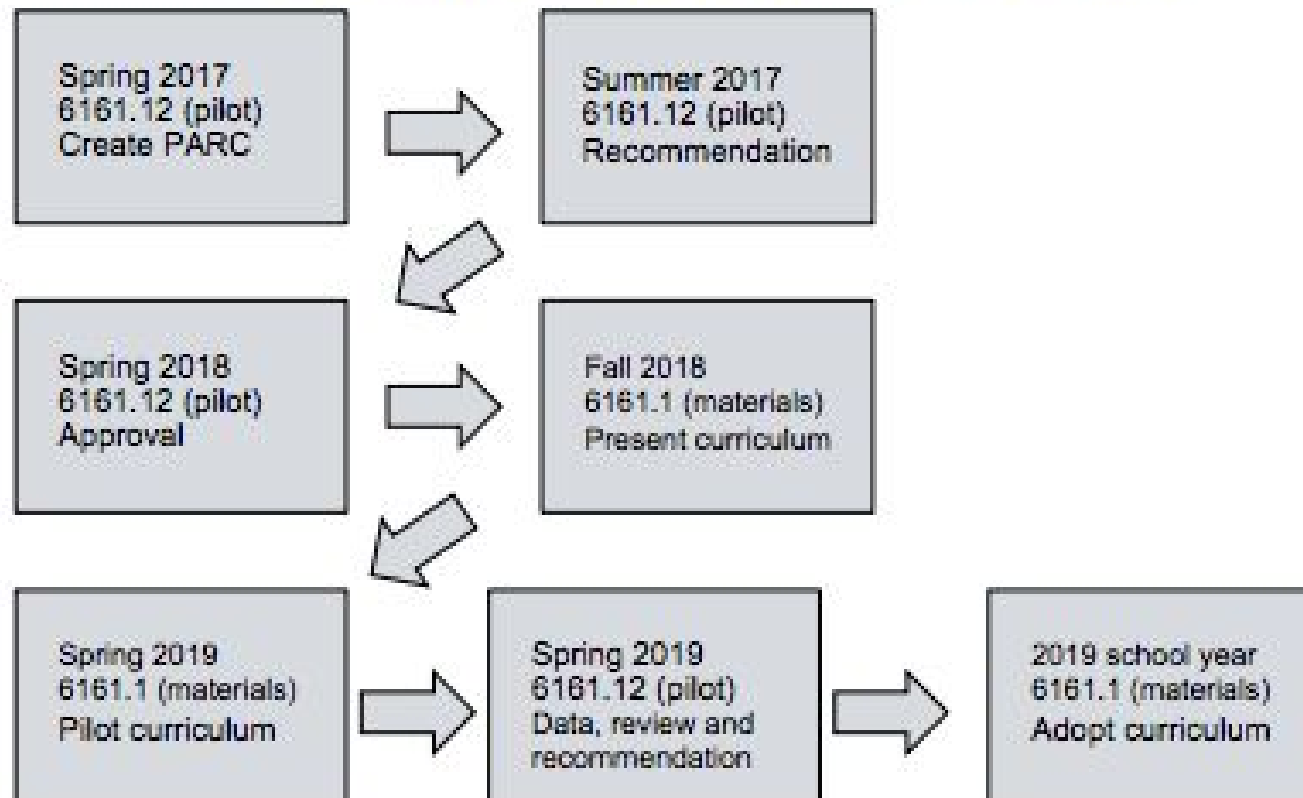
# Health Education - History

2016-17:

- Parent concerns about 5th grade program to District and Board of Trustees (February 2016)
- Decision made to utilize new process for reviewing materials that are not state adopted at March 16 meeting of Board of Trustees
  - State recommended materials not available until after publishing of Health Framework in 2019
  - Have to comply with the CHYA
  - Program Assessment and Review Committee (PARC)

# Health Education - History

## Case study: Health Connected Using 6161.1 (selection, evaluation and adoption) and 6161.12 (piloting programs)- Overview





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# Where Are We Now?

# Physical Education

Continue to partner with Rhythm and Moves to provide Physical Education in elementary schools

- Ensures we meet the state required minutes
- Provides elementary teachers with much needed preparation periods

Recommend a middle school schedule that meets the state required minutes for Physical Education

- Provide professional development for our Physical Education teachers



# Health Education: 2017-18

- Since last spring, comprehensive sexual education and the California Health Youth Act has been a popular subject
  - The requirements of CHYA are challenging for a classroom teacher to deliver
  - Many parents, let alone teachers are uncomfortable discussing sexual and reproductive health topics
  - Can't make everyone happy
- Concerns raised by parents in neighboring Districts about the requirements of the CHYA as well as the Teen Talk program (Cupertino and Palo Alto)
- Concerns raised by current 5th grade families that we are not offering a program for their children this year - communications sent in early October
- Several court cases have surfaced that help clarify the issues surrounding this topic

# Court Rulings and Clarifications

- The U.S. Court of Appeals for the Ninth Circuit has ruled that parents do not have any constitutional right “to prevent a public school from providing its students with whatever information it wishes to provide, sexual or otherwise, when and as the school determines that it is appropriate to do so.”
- In reaching its decision, the court explained that “schools cannot be expected to accommodate the personal, moral or religious concerns of every parent. Such an obligation would not only contravene the educational mission of the public schools, but also would be impossible to satisfy.”
- Parents do indeed have the right to “supervise their children’s education,” but in the context of comprehensive sexual health and HIV prevention education, that right is limited to reviewing materials chosen by their district and opting out of instruction.
- A California court recently recognized, students also have a separate right to have “access to medically and socially appropriate sexual education.”

# What are our options?

## **Option 1:** Continue with current plan:

- No program will be offered to 5th graders
- Convene a subgroup of Health and Wellness Committee to review materials for 5th grade (PARC)
  - Chosen materials will be offered to 5th and 6th graders in 2018-19 (pilot)

## **Option 2:** Continue with current plan, but offer Puberty Talk this year to current 5th graders with Health Connected educators

- Convene a subgroup of Health and Wellness Committee to review materials for 5th grade (PARC)
- Parent preview and opt-out for current 5th grade families

## **Option 3:** Continue to offer Puberty Talk and wait to convene committee when the Health Framework is released in 2019

- Parent preview and opt-out for 5th grade families each year

# Next Steps

- Continue to offer Teen Talk for all 8th grade students with health educators from Health Connected delivering the instruction and proceed with chosen option
- Offer “Be an Askable Adult” talking to children about puberty and sexual health workshop for parents through Parent University (11/8)
- Need to recruit teachers for PARC if necessary
- Continue to improve overall health education for all students through the work of the Health and Wellness Committee
- Communicate with stakeholders regarding work of Committee