

Sacramento City USD

Board Policy

Comprehensive Health Education

BP 6142.8

Instruction

The Governing Board recognizes 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 a comprehensive health system with eight components: health education, 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. The district provides these services through a coordinated and integrated system called The Children's Health Education and Support Services (CHESS) that reinforces health-enhancing behaviors and deters health-compromising behaviors.

(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. 4119.43/4219.43/4319.23 - 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. 6142.1 Family Life/Sex Education)
(cf. 6142.2 - AIDS Prevention Instruction)
(cf. 6142.7 - Physical Education)
(cf. 6164.2 - Guidance/Counseling Services)

Health education fosters the knowledge, skills and behaviors that students will need in order to lead healthy, productive lives. The goal is to help each student become health literate by developing an understanding of the four unifying ideas critical to the development of health literacy and, in turn, healthy lives. These are:

1. An understanding of the process of growth and development
2. Knowledge about how to obtain and use health-related information, products and services
3. Ability to accept personal responsibility for their own lifelong health
4. Ability to respect and promote the health of others

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 health education instruction related to ten major health content areas:

1. Family living
2. Individual growth and development
3. Nutrition
4. Communicable and chronic diseases
5. Personal health
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:

EDUCATION CODE

233.5 Duty concerning instruction of students

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
CALIFORNIA CODE OF REGULATIONS, TITLE 5
11800-11801 District health education plan

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, 2003

CDE PUBLICATIONS

Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003

CDHS PUBLICATIONS

Jump Start Teens, 1997

Playing the Policy Game, 1999

School Idea and Resource Mini Kit, 2000

WEB SITES

CSBA: <http://www.csba.org>

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

CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

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

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

Policy SACRAMENTO CITY UNIFIED SCHOOL DISTRICT

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