

OAK PARK UNIFIED SCHOOL DISTRICT BOARD POLICY

Series 6000

Instruction

BP 6142.8(a)

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 **and avoid high-risk behaviors**. The district's health education program shall **be part of a coordinated school health system which supports the well being of students and is linked to district and community services and resources**. ~~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.~~

(cf. 1020 – Youth Services)
(cf. 3513.3 – Tobacco-Free Schools)
(cf. 3514 – Environmental Safety)
(cf. 3550 – Food Service/Child Nutrition Program)
(cf. 3554 – Other Food Sales)
(cf. 5131.6 – Alcohol and Other Drugs)
(cf. 5131.63 – Steroids)
(cf. 5141.22 – Infectious Diseases)
(cf. 5141.23 – Asthma Management)
(cf. 5141.32 – Health Screening for School Entry)
(cf. 5141.4 – Child Abuse Prevention and Reporting)
(cf. 5141.6 – Student Health and Social Services)
(cf. 5141.7 – Sun Safety)
(cf. 5142 – Safety)
(cf. 5146 – Married/Pregnant/Parenting Students)
(cf. 6164.2 – Guidance/Counseling Services)

Goals of 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.

(cf. 0200 – Goals for the School District)
(cf. 5030 – Student Wellness)
(cf. 6011 – Academic Standards)
(cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Education)
(cf. 6142.7 – Physical Education)

The district shall provide a planned, sequential, **research-based, and developmentally, appropriate** health education curriculum for students in grades K-12 **which is aligned with the state's content standards and curriculum framework**. ~~that is research based and age appropriate. The content of health instruction shall be offered.~~ **The Superintendent or designee shall determine the grade levels and subject areas in which health related topics will be addressed** in accordance with law, Board policy, and administrative regulation ~~and state curriculum frameworks.~~

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BP 6142.8(b)

(cf. 6011 – Academic Standards)
(cf. 6141 – Curriculum Development and Evaluation)
(cf. 6142.1 – Sexual Health and HIV/AIDS Prevention Instruction)
(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. 1020 – Youth Services)
(cf. 3513.3 - Tobacco-Free Schools)
(cf. 3514 - Environmental Safety)
(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. 5131.63 – Steroids)
(cf. 5141.22- Infectious Diseases)
(cf. 5141.3 - Health Examinations)
(cf. 5141.31 – Health Screening for School Entry)
(cf. 5141.4 – Child Abuse Prevention and Reporting)
(cf. 5141.6 - Student Health and Social Services)
(cf. 5142 - Safety)
(cf. 5146 - Married/Pregnant/Parenting Students)
(cf. 6164.2 - Guidance/Counseling Services)

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

(cf. 0500 – Accountability)

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
49490-49494 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
51210.8 State content standards for health education
51220.5 Parenting skills; areas of instruction
51260-51269 Drug education
~~51265 Gang violence and drug and alcohol abuse prevention inservice~~
51513 Personal beliefs

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Instruction

BP 6142.8(c)

51880-51881.5 Health education, legislative findings, and intent

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

Asthma Management in the Schools, Policy Brief, March 2008

Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide 2007

Physical Education and California Schools, Policy Brief, rev. October 2007

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, March 2007

Sun Safety in Schools, Policy Brief, July 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

AMERICAN ASSOCIATION FOR HEALTH EDUCATION PUBLICATIONS

National Health Education Standards: Achieving Excellence, 2007

CDE PUBLICATIONS

Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008

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

CDHS PUBLICATIONS

Jump Start Teens, 1997

WEB SITES

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

American Association for Health Education: <http://www.aahperd.org>

American School Health Association: <http://www.ashaweb.org>

California Association of School Health Educators: <http://www.cashe.org>

CDE, Health Education: <http://www.cde.ca.gov/ci/he>

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

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

California Department of Public Health: <http://www.cdph.ca.gov>

California Subject Matter Project, Physical Education-Health Project: <http://csmproject.edu/cpehp>

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

Center for Injury Prevention Policy and Practice: <http://www.cipp.org>

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

National Center for Health Education: <http://www.nche.org>

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

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