

**COMPREHENSIVE HEALTH EDUCATION**

The Governing Board believes that health education should foster the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. The district's health education program shall 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.

The district shall provide a planned, sequential health education curriculum for students in grades K-12 that is research based and age appropriate. The content of health instruction shall be offered in accordance with the law, Board policy, administrative regulation and state curriculum frameworks.

*(cf. 6143 – Courses of Study)*

The Board intends for health education to be part of a comprehensive district program to promote the health and well-being of students and staff. Instruction in health-related topics shall be supported by physical education, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.

- (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. 4119.43/4219.23/4319.23 – Universal Precautions)*
- (cf. 5131.6 – Alcohol and Other Drugs)*
- (cf. 5131.63 – Steroids)*
- (cf. 5141.22 – Infectious Diseases)*
- (cf. 5141.23 – Asthma Management)*
- (cf. 5141.3 – Health Examinations)*
- (cf. 5141.32 – Kindergarten Screening)*
- (cf. 5141.4 – Child Abuse and Neglect (Reporting Procedures))*
- (cf. 5142 – Safety)*
- (cf. 5146 – Married/Pregnant/Parenting Students)*
- (cf. 6164.2 – Guidance Services)*

**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
- 49490-49505 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

## COMPREHENSIVE HEALTH EDUCATION (continued)

*Legal Reference: (continued)*

EDUCATION CODE

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

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

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

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

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

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

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

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

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

Policy

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**MURRIETA VALLEY USD**

Murrieta, California