Santa Barbara Unified School District

Board Policy

BP 6142.8

Instruction

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.

Goals for 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. 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 age-appropriate health education curriculum for students in grades K-12. The content of health instruction shall be offered in accordance with law, Board policy, administrative regulation, and shall be aligned with 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. 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. 5141.32 - 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
49490-49493  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
CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2003
CALIFORNIA DEPARTMENT OF HEALTH PUBLICATIONS
Jump Start Teens, 1997
WEB SITES
CSBA: http://www.csba.org
California Department of Education, Health Education: http://www.cde.ca.gov/ci/he
California Department of Health, School Health Connections:
http://www.mch.dhs.ca.gov/programs/shc/shc.htm
California Healthy Kids Resource Center: http://www.californiahealthykids.org
California Project LEAN (Leaders Encouraging Activity and Nutrition):
http://www.californiaprojectlean.org
Centers for Disease Control and Prevention: http://www.cdc.gov
National Hearing Conservation Association: http://www.hearingconservation.org

SANTA BARBARA UNIFIED SCHOOL DISTRICT
Santa Barbara, California  November 28, 2006; May 5, 2009