

*Riverside County Office of Education*  
*Board Policy 6142.8 Comprehensive Health Education*

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**INSTRUCTION**

**SUBJECT: Comprehensive Health Education**

The County Board of Education and County Superintendent of Schools believe that health education should foster the knowledge, skills, and behaviors that students need in order to lead healthy, productive lives and avoid high-risk behaviors, and that creating a safe, supportive, inclusive, nonjudgmental, and equitable environment is crucial in promoting healthy development for all students. The County Office of Education'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 County Office of Education's health education program shall be designed to promote student wellness and shall be developed in accordance with County Office of Education policy. Such goals shall include, but not be limited to, goals for nutrition promotion and education, physical activity and other school-based activities that promote student well-being.

(cf. 5030 - Student Wellness)

(cf. 6011 - Academic Standards)

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6142.7 - Physical Education)

The County Office of Education 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, County Office of Education policy, administrative regulation, and shall be aligned with the state's content standards and curriculum framework and integrated with other content areas of the County Office of Education's curriculum.  
(cf. 6143 - Courses of Study)

The County Office of Education intends for health education to be part of a coordinated school health system that links County Office of Education, school, and community programs and services to promote the health and well-being of students.

As appropriate, the County Superintendent or designee shall involve school administrators, teachers, school nurses, health professionals representing various fields of health care, parents/guardians, community-based organizations, and other community members in the development, implementation, and evaluation of the district's health education program. Health and safety professionals may be invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

The Superintendent or designee shall provide professional development as needed to ensure that health education teachers are knowledgeable about academic content standards, the state curriculum framework, and effective instructional methodologies.

(cf. 3513.3 - Tobacco-Free Schools)

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(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. 5141.23 - Infectious Disease Prevention)  
 (cf. 5141.3 - Health Examinations)  
 (cf. 5141.32 - Health Screening for School Entry)  
 (cf. 5141.4 - Child Abuse Prevention and Reporting)  
 (cf. 5142 - Safety)  
 (cf. 5146 - Married/Pregnant/Parenting Students)

The County Superintendent or designee shall provide periodic reports regarding the implementation and effectiveness of the County Office of Education's health education program.

**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  
 51210.8 Health education curriculum  
 51220.5 Parenting skills; areas of instruction  
 51260-51269 Drug education  
 51265 Gang violence and drug and alcohol abuse prevention in-service  
 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

**FEDERAL REFERENCES**

42 USC 1751-1769j National School Lunch Program  
 42 USC 1758b Local wellness policy  
 42 USC 1771-1793 Child Nutrition Act

**MANAGEMENT RESOURCES**

American Association For Health Ed Publication National Health Education Standards: Achieving

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Excellence, 2007

California Department of Education Publication Health Education Content Standards for California Public Schools,

California Department of Education Publication Health Framework for California Public Schools: Kindergarten through

CSBA PUBLICATIONS

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

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

Asthma Management in the Schools, Policy Brief, March 2008

Sun Safety in Schools, Policy Brief, July 2006

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

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

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

American Association for Health Education

American School Health Association

California Association of School Health Educators

California Subject Matter Project, Physical Education-Health Project

Center for Injury Prevention Policy and Practice

National Center for Health Education

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>