



Chico Unified School District

1163 East Seventh Street, Chico, CA 95928-5999
(530) 891-3000

Board Policy:

#6142.8

Section: 6000

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COMPREHENSIVE HEALTH EDUCATION

The Governing Board believes that health education should foster the knowledge, skills, and attitudes that students need in order to lead healthy lives. The district's health education program shall be part of a coordinated school health system which recognizes that mental health and social connection are critical to student's overall health, well-being, and academic success, supports the physical, mental, and social well-being of students, reflects the importance of digital and media literacy, and is linked to district and community services and resources.

Goals for the district's health education program shall be designed to promote student wellness and 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.

Any health education course offered to middle or high school students shall include instruction in mental health that meets the requirements of Education Code 51925-51926, and as specified in Administrative Regulation 6143 - Courses of Study.

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 and integrated with other content areas of the district's curriculum. 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.

As appropriate, the 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.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program, which may include, but not be limited to, a description of the district's program and the extent to which it is aligned with the state's content standards and curriculum framework, the amount of time allotted for health instruction at each grade level, student achievement of district standards for health education, and the manner in which the district's health education program supports the physical, mental, and social well-being of students.

Policy Reference Disclaimer: *These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.*

State

Description

Policy Adopted: 05/03/07; 04/03/24



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State	Description
5 CCR 11800-11801	<i>District health education plan</i>
Ed. Code 35183.5	<u><i>Sun protection</i></u>
Ed. Code 49413	<u><i>First aid and cardiopulmonary resuscitation training</i></u>
Ed. Code 49430-49434	<u><i>Pupil Nutrition, Health, and Achievement Act of 2001</i></u>
Ed. Code 49490-49494	<u><i>School breakfast and lunch programs</i></u>
Ed. Code 49500-49505	<u><i>School meals</i></u>
Ed. Code 51202	<u><i>Instruction in personal and public health and safety</i></u>
Ed. Code 51203	<u><i>Instruction on alcohol, narcotics and dangerous drugs</i></u>
Ed. Code 51210	<u><i>Course of study for grades 1-6</i></u>
Ed. Code 51210.8	<u><i>Health education curriculum</i></u>
Ed. Code 51220.5	<u><i>Parenting skills; areas of instruction</i></u>
Ed. Code 51225.36	<u><i>Instruction in sexual harassment and violence; districts that require health education for graduation</i></u>
Ed. Code 51225.6	<u><i>Instruction in cardiopulmonary resuscitation; districts that require health education for graduation</i></u>
Ed. Code 51260-51269	<u><i>Drug education</i></u>
Ed. Code 51513	<u><i>Personal beliefs</i></u>
Ed. Code 51880-51881.5	<u><i>Health education; legislative findings and intent</i></u>
Ed. Code 51890-51891	<u><i>Comprehensive health education programs and community participation; definitions</i></u>
Ed. Code 51900.6	<u><i>Sexual abuse and sexual assault awareness and prevention instruction</i></u>
Ed. Code 51913	<u><i>District health education plan</i></u>
Ed. Code 51920	<u><i>Inservice training; health education</i></u>
Ed. Code 51925-51929	<u><i>Mandatory mental health education and in-service training</i></u>
Ed. Code 51930-51939	<u><i>California Healthy Youth Act</i></u>
Ed. Code 67386	<u><i>Student safety; affirmative consent standard</i></u>
Ed. Code 8850.5	<u><i>Family relationships and parenting education</i></u>
Federal	Description
42 USC 1751-1769j	School Lunch Program
42 USC 1758b	Local wellness policy
42 USC 1771-1793	Child Nutrition Act

Management Resources **Description**

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California Department of Education Publication	<u>Health Education Framework for California Public Schools: Kindergarten Through Grade Twelve, 2019</u>
California Department of Education Publication	<u>Health Education Content Standards for California Public Schools: Kindergarten Through Grade Twelve, 2008</u>
CSBA Publication	<u>Integrating Oral Health into School Health Programs and Policies, May 2010</u>
CSBA Publication	<u>Promoting Healthy Relationships for Adolescents: Board Policy Considerations, August 2014</u>
CSBA Publication	<u>Integrating Physical Activity into the School Day, April 2016</u>
CSBA Publication	<u>Preventing Catastrophic Health Illness, Governance Brief, July 2018</u>
CSBA Publication	<u>The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018</u>
CSBA Publication	<u>Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019</u>
CSBA Publication	<u>Sun Safety in Schools, Policy Brief, July 2006</u>
CSBA Publication	<u>Asthma Management in the Schools, Policy Brief, March 2008</u>
CSBA Publication	<u>Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006</u>
CSBA Publication	<u>Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012</u>
CSBA Publication	<u>Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008</u>
Human Rights Campaign Foundation Publication	<u>California LGBTQ Youth Report, January 2019</u>
Society of Health & Physical Educators Publication	<u>National Health Education Standards: Achieving Excellence, rev. November 2012</u>
US Department of Health and Human Services	<u>Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023</u>
US Dept of Health and Human Services Publication	<u>Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Health Effects of Social Connection and the Community, 2023</u>
Website	<u>SHAPE America, Society of Health and Physical Educators</u>
Website	<u>CSBA District and County Office of Education Legal Services</u>
Website	<u>Human Rights Campaign Foundation</u>
Website	<u>U.S. Department of Health and Human Services</u>
Website	<u>American School Health Association</u>
Website	<u>California Association of School Health Educators</u>
Website	<u>California Department of Education, Health Education</u>
Website	<u>National Center for Health Education</u>



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Website	<u>National Hearing Conservation Association</u>
Website	<u>California Subject Matter Project, Physical Education-Health Project</u>
Website	<u>Center for Injury Prevention Policy and Practice</u>
Website	<u>Centers for Disease Control and Prevention</u>
Website	<u>CSBA</u>
Website	<u>California Department of Public Health</u>
Website	<u>California Healthy Kids Resource Center</u>

Cross References

Code	Description
0200	Goals For The School District
0415	Equity
0450	Comprehensive Safety Plan
0470	COVID-19 Mitigation Plan
0500	Accountability
1220	Citizen Advisory Committees
1240	Volunteer Assistance
1325	Advertising And Promotion
1400	Relations Between Other Governmental Agencies And The Schools
1700	Relations Between Private Industry And The Schools
3513.3	Tobacco-Free Schools
3513.4	Drug And Alcohol Free Schools
3514	Environmental Safety
3516	Emergencies And Disaster Preparedness Plan
3543	Transportation Safety And Emergencies
3550	Food Service/Child Nutrition Program
3554	Other Food Sales
4131	Staff Development
5020	Parent Rights And Responsibilities
5022	Student And Family Privacy Rights
5030	Student Wellness
5131	Conduct
5131.2	Bullying

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5131.6	<i>Alcohol And Other Drugs</i>
5131.62	<i>Tobacco</i>
5131.63	<i>Steroids</i>
5137	<i>Positive School Climate</i>
5138	<i>Conflict Resolution/Peer Mediation</i>
5141	<i>Health Care And Emergencies</i>
5141.21	<i>Administering Medication And Monitoring Health Conditions</i>
5141.22	<i>Infectious Diseases</i>
5141.23	<i>Asthma Management</i>
5141.3	<i>Health Examinations</i>
5141.31	<i>Immunizations</i>
5141.32	<i>Health Screening For School Entry</i>
5141.4	<i>Child Abuse Prevention And Reporting</i>
5141.5	<i>Mental Health</i>
5141.52	<i>Suicide Prevention</i>
5141.6	<i>School Health Services</i>
5141.7	<i>Sun Safety</i>
5142	<i>Safety</i>
5142.2	<i>Safe Routes To School Program</i>
5145.3	<i>Nondiscrimination/Harassment</i>
5145.6	<i>Parent/Guardian Notifications</i>
5145.7	<i>Sexual Harassment</i>
5145.9	<i>Hate-Motivated Behavior</i>
5146	<i>Married/Pregnant/Parenting Students</i>
6011	<i>Academic Standards</i>
6020	<i>Parent Involvement</i>
6141	<i>Curriculum Development And Evaluation</i>
6141.2	<i>Recognition Of Religious Beliefs And Customs</i>
6142.1	<i>Sexual Health And HIV/AIDS Prevention Instruction</i>
6142.5	<i>Environmental Education</i>
6142.7	<i>Physical Education And Activity</i>



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6143	<i>Courses Of Study</i>
6144	<i>Controversial Issues</i>
6145.2	<i>Athletic Competition</i>
6145.8	<i>Assemblies And Special Events</i>
6146.1	<i>High School Graduation Requirements</i>
6161.1	<i>Selection And Evaluation Of Instructional Materials</i>
6162.8	<i>Research</i>
6163.4	<i>Student Use Of Technology</i>
6164.2	<i>Guidance/Counseling Services</i>
6172	<i>Gifted And Talented Student Program</i>
6190	<i>Evaluation Of The Instructional Program</i>