

Students

BP 6142.8 (a)

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 and avoid high-risk behaviors and that creating a safe, supportive, inclusive, and nonjudgmental environment is crucial in promoting healthy development for all students. The district's health education program shall be part of a coordinated approach to student health which recognizes that mental health and social connection are critical to 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 promotions and education, ~~and~~ 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

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the manner in which the district's health education program supports the physical, mental, and social well-being of students.

Parent/Guardian Notification and Opt-Out

Parents/guardians shall be notified that they may request in writing to opt their students out of participating in instruction and assessments, including anonymous and confidential tests, questionnaires, and surveys, as specified in the accompanying administrative regulation. Students so excused shall be given an alternative educational activity. Additionally, a student shall not be subject to disciplinary action, academic penalty, or other sanction if the student's parent/guardian opts the student out of such instruction. (Education Code 51240, 51900.6, 51938, 51939)

State

5 CCR 11800-11801: District health education plan

Ed. Code 35183.5: Sun protection

Ed. Code 49413: First aid and cardiopulmonary resuscitation training

Ed. Code 49430-49434: Pupil Nutrition, Health, and Achievement Act of 2001

Ed. Code 49490-49494: School breakfast and lunch programs

Ed. Code 49500-49505: School meals

Ed. Code 51202: Instruction in personal and public health and safety

Ed. Code 51203: Instruction on alcohol, narcotics and dangerous drugs

Ed. Code 51210: Course of study for grades 1-6

Ed. Code 51210.8: Health education curriculum

Ed. Code 51220.5: Parenting skills; areas of instruction

Ed. Code 51225.36: Instruction in sexual harassment and violence; districts that require health education for graduation

Ed. Code 51225.38: Instruction in the dangers associated with fentanyl use

Ed. Code 51225.6: Instruction in cardiopulmonary resuscitation; districts that require health education for graduation

Ed. Code 51240: Excuse from instruction due to religious beliefs

Ed. Code 51260-51269: Drug education

Ed. Code 51513: Personal beliefs

Ed. Code 51880-51881.5: Health education; legislative findings and intent

Ed. Code 51890-51891: Comprehensive health education programs and community participation; definitions

Ed. Code 51900.6: Sexual abuse and sexual assault awareness and prevention instruction

Ed. Code 51913: District health education plan

Ed. Code 51920: Inservice training; health education

Ed. Code 51925-51929: Mandatory mental health education and in-service training

Ed. Code 51930-51939: California Healthy Youth Act

Ed. Code 67386: Student safety; affirmative consent standard

Ed. Code 8850.5: Family relationships and parenting education

Federal

42 USC 1751-1769j: School Lunch Program

42 USC 1758b: Local wellness policy

42 USC 1771-1793: Child Nutrition Act

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Management Resources

California Department of Education Publication: Health Education Framework for California Public Schools: Kindergarten Through Grade Twelve, 2019
California Department of Education Publication: Health Education Content Standards for California Public Schools: Kindergarten Through Grade Twelve, 2008
Court Decision: Mahmoud v. Taylor (2025) 606 U.S. ____ (2025 WL 1773627)
CSBA Publication: Integrating Oral Health into School Health Programs and Policies, May 2010
CSBA Publication: Integrating Physical Activity into the School Day, April 2016
CSBA Publication: Preventing Catastrophic Health Illness, Governance Brief, July 2018
CSBA Publication: The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018
CSBA Publication: Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019
CSBA Publication: Sun Safety in Schools, Policy Brief, July 2006
CSBA Publication: Asthma Management in the Schools, Policy Brief, March 2008
CSBA Publication: Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, April 2006
CSBA Publication: Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012
CSBA Publication: Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008
CSBA Publication: Promoting Healthy Relationships for Adolescents: Board Policy Considerations, Governance Brief, August 2014
Human Rights Campaign Foundation Publication: California LGBTQ Youth Report, January 2019
Society of Health & Physical Educators Publication: National Health Education Standards: Achieving Excellence, rev. November 2012
US Department of Health and Human Services Pub.: Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023
US Dept of Health and Human Services Publication: Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Health Effects of Social Connection and the Community, 2023
Website: SHAPE America, Society of Health and Physical Educators
Website: CSBA District and County Office of Education Legal Services
Website: Human Rights Campaign Foundation
Website: U.S. Department of Health and Human Services
Website: American School Health Association
Website: California Association of School Health Educators
Website: California Department of Education, Health Education
Website: California Subject Matter Project, Physical Education-Health Project
Website: Center for Injury Prevention Policy and Practice
Website: National Center for Health Education
Website: National Hearing Conservation Association
Website: Centers for Disease Control and Prevention
Website: CSBA
Website: California Department of Public Health
Website: California Healthy Kids Resource Center

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ORCUTT UNION SCHOOL DISTRICT
Orcutt, California