

# **Berkeley USD**

## **Board Policy**

### **Comprehensive Health Education**

BP 5030.1

#### **Students**

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 mental and physical health, respect for and promotion of the health of others, the process for healthy growth and development, and informed use of health-related information, resources, 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, physical activity, and psychological/counseling services.

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.

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 in order to promote their success in school.

The Superintendent or designee shall provide periodic reports to the Board regarding the implementation and effectiveness of the district's health education program.

Policy BERKELEY UNIFIED SCHOOL DISTRICT

adopted: January 23, 2008    Berkeley, California