

## **P7501 STUDENT WELLNESS: HEALTH EDUCATION**

### **BOARD POLICY**

**Students and staff will be provided with consistent, reliable health instruction and healthy behaviors will be reinforced. Health education is a continuous process that motivates the individual to develop and maintain social, emotional, physical, and intellectual wellbeing. This process will occur through establishing behavior patterns that are both personally and socially responsible and by avoiding actions harmful to self and/or others.**

Administrative Implemental Procedures:

1. Health education including nutrition education will be integrated at all building levels using sequential health education curriculum consistent with current district approved standards.
2. Developmentally appropriate curriculum that encourages positive physical, mental, emotional, and social health decisions will be provided; and all students will be given opportunities throughout the school day to learn and practice healthy habits. (See BOE Policy 6790 - Health and Health Education K-5, and P6791 - Physical Education.)
3. Staff will provide active nutrition and health education learning strategies for students, and students will have opportunities to practice skills learned in the classroom.
4. Employee Benefits and Insurance Management, in cooperation with Health Services, shall provide health information and resources for staff health promotion and maintenance to encourage healthy habits and lifestyles.

Administrative Responsibility: Learning Services, Human Resources, and Student Support Services

Latest Revision Date: January 2012

New Policy: December 2005 P7501

Updated administratively for alignment purposes: December 2013