

Wellness Policy Attribute: **Health Education**

District	BP/AR (Year)	Page	Language
1. Alpine	BP (2017)	1	Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
		6	Nutrition Education and Promotion: Nutrition education shall be provided as part of the health education program in Grade K-8 and, as appropriate, shall be integrated into core academic subjects offered through before and after school programs.
		8	Communication with Parents and other Community Members Integrating health education into every segment of a child's day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between a school and home environment is essential.
		10	Integrating Physical Activity into the Classroom Setting: <ul style="list-style-type: none"> Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Bonsall	BP (2018)	1	Goals for Nutrition Education Students in K-12 will receive a standards based nutrition education. The district will: <i>(10 point list follows)</i>
		4	Provide consistent health education information to parents and families, including but not limited to nutrition and physical activity (i.e. parent meetings, the school/district websites).
3. Borrego Springs	BP (2017)	3	Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
		9	<i>Nutrition Education</i> The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that: <i>(10 point list follows, including)</i> <ul style="list-style-type: none"> In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.

		<p>10</p> <ul style="list-style-type: none"> Health and nutrition education will be provided a minimum of two weeks per school year for grades six through twelve. <p>12</p> <p>Essential Healthy Eating Topics in Health Education The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating: <i>(list of essential topics follows)</i></p> <p>Physical Education The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “<i>Essential Physical Activity Topics in Health Education</i>” subsection).</p> <p>13</p> <p>Essential Physical Activity Topics in Health Education Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity <i>(list of essential topics follows)</i></p>	
4. Cajon Valley	BP (2017)	2	<p>The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.</p>
5. Cardiff	BP (2017)	1	<p>Nutrition Education Pursuant to the requirements of the Education Code, a sequential nutrition education that is behaviorfocused shall be provided to all students as part of the health education program in grades K-6 and, as appropriate, shall be integrated into instruction in core academic subjects. Information and reminders about nutrition education will be visible in the school health office and in the school cafeterias.</p>

		3	<p>Wellness Promotion and Marketing</p> <p>The District shall:</p> <ul style="list-style-type: none"> • Provide consistent health education to parents and families, including but not limited to nutrition and physical activity, (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).
6. Cardiff	BP (2022)	1	<p>Pursuant to the requirements of the Education Code, a sequential nutrition education that is behavior-focused shall be provided to all students as part of the health education program in grades K-6 and, as appropriate, shall be integrated into instruction in core academic subjects. Information and reminders about nutrition education will be visible in the school health office and in the school cafeterias</p> <p>The district shall: Provide consistent health education to parents and families, including but not limited to nutrition and physical activity, (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</p>
		4	<p>nutrition and physical activity, (e.g. via the school/district newsletter, informational handouts, parent meetings, the school/district Web site, and other venues).</p>
7. Carlsbad	BP (2017)	1	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p>
		2	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into core academic subjects in the regular educational program.</p>
		4	<p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
8. Chula Vista	BP (2017)	8	<p>NUTRITION EDUCATION AND PROMOTION (New Section 204 of the Healthy, Hunger-Free Kids Act of 2010)</p> <p>Nutrition education shall be provided as part of the health education program in Grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. (42 USC 1758b)</p> <p>The District aims to teach, encourage, and support healthy eating by students and others while on the school site. Schools should provide nutrition education and engage in nutrition promotion that might include, but is not limited to, the following:</p>

		<p>12</p> <ul style="list-style-type: none"> • Be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. • Be integrated into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences. • Include developmentally appropriate, culturally relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles. • Link educational and promotional activities with Child Nutrition Services and nutrition-related organizations and community services. • Promote individual school site health and wellness fairs where nutrition and physical activity information and resources can be shared with parents and the community. <p>Integrating Physical Activities Inside the Classroom: For students to receive the nationally recommended amount of daily physical activity of at least 60 minutes per day and fully embrace being active as a personal health behavior, students need opportunities for physical activities throughout the day. Toward that end, the following is highly recommended:</p> <ul style="list-style-type: none"> • Integrating health education into other classroom activities will enhance the knowledge and skills needed to maintain a physically active lifestyle while discouraging sedentary behaviors and/or activities such as prolonged television viewing. <p>19</p> <p>Communication & Posting Requirements <u>Communication with Parents and Other Community Members</u> Integrating health education into every segment of a child’s day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential.</p>
9. Coronado	BP (2019)	<p>1</p> <p>The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.</p> <p>2</p> <p>Nutrition education shall be provided as part of the health education program in grades preschool through grade 12 and the transition program, as appropriate, shall be integrated into</p>

		5	<p>core academic subjects and offered through before- and after-school programs.</p> <p><u>Communications with Parents and Other Community Members</u> Integrating health education into every segment of a child’s day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential.</p>
10. Dehesa	BP (2019)	1	<p>Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.</p>
		6	<p>Nutrition Education and Promotion: Nutrition education shall be provided as part of the health education program in Grade K-8 and, as appropriate, shall be integrated into core academic subjects offered through before and after school programs.</p>
		8	<p><u>Communications with Parents and Other Community Members</u> Integrating health education into every segment of a child’s day is very important to the District. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential.</p>
		10	<p>Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;</p>
11. Del Mar	BP (2021)	1	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the district's student Wellness Policy.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p>

		2	Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.
12. Encinitas	BP (2017)	2	<p>Preamble</p> <p>7. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education as well as the core curriculum of science, math, language arts, history, geography, and social studies and school meal programs, and with related community services.</p> <p>Vision</p> <p>Encinitas Union School District shall build a coordinated school health system that supports and reinforces health literacy through the core curriculum as well as health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.</p>
		3	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
		5	<p>Goals for the Encinitas Union School District</p> <p>Nutrition education shall be provided as part of the health education program in preschool through grade 6 and, shall be integrated into core curriculum and offered through before- and after-school programs.</p> <p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p>
13. Escondido Union	BP (2014)	1	The superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health

		3	<p>education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development shall be regularly offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.</p>
14. Escondido Union High	BP (2018)	1	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p>
		2	<p>Nutrition education will be provided as part of the health education program and, as appropriate, will be integrated into other academic subjects in the regular educational program, before- and after-school programs, and summer learning programs.</p>
		3	<p>Professional development will be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
15. Fallbrook Union Elementary	BP (2016)	1	<p>The superintendent or designee shall establish a district health council to develop policies for Governing Board approval that support and reinforce health literacy through health education, physical education, extracurricular activities, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment and parent/guardian and community involvement.</p>
16. Fallbrook Union High	BP (2013)	1	<p>The Superintendent or Assistant Superintendent shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.</p>
17. Grossmont Union High	BP (2019)	1	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p>
		2	<p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational</p>

		3	<p>program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development shall be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
18. Jamul-Dulzura	BP (2018)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		3	Professional development shall be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
19. Julian Union	BP (2019)	13	Essential Healthy Eating Topics in Health Education The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating: <i>list of 23 items follows</i>
		16	Physical Education SPARK curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts
20. Julian Union High	BP (2017)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
21. Lakeside	BP (2022)	10	<p>Nutrition Education</p> <p>The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:</p> <ul style="list-style-type: none"> ▪ Is designed to provide students with the knowledge and skills necessary to promote and protect their health; ▪ Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and

		12	<p>elective subjects.</p> <p>Physical Education The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.</p>
22. La Mesa-Spring Valley	BP (2017)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		3	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
23. Lemon Grove	BP (2018)	10	<p>Nutrition education shall be provided as part of the comprehensive integrated health education program for all PreK-8 students, as delineated in the Board’s Comprehensive Health Education Policy (6142.8).</p> <p>Nutrition education curricula will align with California Health Education Standards and as appropriate, be integrated into Common Core, other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, career education programs, and school garden programs.</p>
		11	Professional development shall be annually offered to health education and physical education teachers, coaches, activity supervisors, food services staff, and other staff as appropriate to enhance their health knowledge and skills.
24. Mt. Empire	BP (2017)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational

		3	<p>program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
25. National	BP (2018)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		3	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
26. Oceanside	BP (2021)	1	This system will support and promote health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, staff wellness, and a safe and healthy school environment.
		5	<p>Health Education</p> <p>Following the California Health Education Framework the district will encourage ongoing health education for all grade levels designed to motivate and help students maintain and improve their health, prevent disease, and avoid health-related risk behaviors. The overall goal is to achieve health literacy for all students. Health literate students understand essential health concepts and have developed a skill set that empowers them to regularly practice health-enhancing behaviors.</p> <p>Health Education Goals:</p> <ul style="list-style-type: none"> • Support health education curriculum designed to motivate and help all students maintain and promote their health, prevent disease and injury, and reduce or eliminate behaviors that put their health and safety at risk • Provide comprehensive health education intended to foster life-long, health literate, and students who practice and understand healthy lifestyle practices throughout their lifetimes.

		7-9	<ul style="list-style-type: none"> • Provide education in the six content areas as part of a skills-based health education program • Encourage health educational activities that promote environmentally friendly practices • Explore and establish partnerships and/or joint-use arrangements with families and community organizations to support comprehensive health education <p>The district will develop health literacy by providing health education for students in six content areas. These essential concepts align with California Education Code requirements and the National Health Education Standard guidelines. <i>chart follows</i></p> <p>The district shall provide health education for all students K-12 in the following health content areas in alignment with the California Health Education Content Standards <i>link follows</i></p> <p><i>Description of each of the 6 content areas for Health Education.</i></p>
27. National	BP (2023)	6	The Physical Education lessons will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
28. Poway	BP (2018)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		3	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
29. Ramona	BP (2019)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational

		3	<p>program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
30. San Diego Unified	BP (2022)	1	<p>STUDENT WELLNESS The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive approach supporting physical and mental well-being. The Superintendent or designee for wellness shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, mental health and counseling services, and a safe and healthy school environment.</p> <p>Purpose This Wellness Policy and corresponding Framework expands upon requirements to offer a truly comprehensive coordinated school health model. The Whole School, Whole Community, Whole Child (WSCC) approach, is an expanded coordinated school health model outlined by the Centers for Disease Control and Prevention (CDC). The components will include Food and Nutrition; Physical Education, Physical Activity; Health Education; Health Services; Health-Promoting School Environment, Safe School Environment; Mental Health and Social-Emotional Wellness; Staff Wellness; and Family and Community Involvement.</p> <p>4. Health Education: Our school district will continue to encourage TK-12 health education designed to motivate and help students maintain and improve their health, prevent disease, avoid health-related risk behaviors and promote health literacy. The district shall adopt grade-level mandated health education at elementary and secondary levels and professional development for staff. This curriculum will align or surpass the requirements of the California Education Code and the guidelines of the National Health Education Standards (Education Code 51210 and 51210.4; 51930-51939). The goals for Health Education are: a. Support an integrated, skills-based health education curriculum that follows the California Health Education Content Standards with education in the six content areas: nutrition and physical activity; growth, development, and sexual health;</p>
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			<p>injury prevention and safety; alcohol, tobacco, and other drugs; mental, emotional, and social health; and personal and community health.</p> <p>b. Provide all students, TK-12, with comprehensive, skills-based health education, in alignment with the California Health Education Framework.</p> <p>c. Provide nutrition education as part of a sequential health education program in Grades TK-12 and as appropriate, integrate into other academic subjects in the general education program. Nutrition education may also be offered through before and after school programs.</p> <p>d. As part of nutrition education, promote farm-to-school activities, (e.g., tastings, school gardens, field trips to local farms), while reinforcing messages about food systems and nutrition.</p> <p>e. Encourage health educational activities that promote environmentally friendly practices (e.g., school gardens, food recovery, recycling, etc.).</p> <p>f. Support the use of school property for school gardens that promote nutrition education and physical activity as well as explore and establish partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at individual school sites as appropriate. Instructional gardens will be integrated with other subject areas to enhance student learning.</p>
31. San Dieguito	BP (2019)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		1	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		1	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
32. San Marcos	BP (2016)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.

<p>33. San Pasqual</p>	<p>BP (2013)</p>	<p>1</p> <p>2</p> <p>3</p>	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
<p>34. San Ysidro</p>	<p>BP (2019)</p>	<p>1</p> <p>2</p> <p>3</p>	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
<p>35. Santee</p>	<p>BP (2018)</p>	<p>1</p> <p>3</p>	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Physical Activity Goals All students in grades preK-8 shall be provided opportunities to be physically active on a regular basis. The physical</p>

			education curriculum shall promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
36. South Bay	BP (2023)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		1	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		1	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
37. Spencer Valley	BP (2016)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
		2	Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.
		3	Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.
38. Sweetwater	BP (2017)	6	6. Health Education: To foster the knowledge, skills, and attitudes that students need in order to lead healthy lives and avoid high-risk behaviors, the district's health education program shall be part of a coordinated school health system which supports the well-being of students and is linked to district and community services and resources. 1. The Superintendent or designee shall provide professional development to ensure that teachers providing health education are knowledgeable about academic content standards and effective instructional methodologies.

			<p>2. Comprehensive health education will be taught in Health Education classes or self- contained multiple subject classes; and will include the content areas of Nutrition and Physical Activity, Mental, Emotional, and Social health, Personal and Community health, Alcohol, Tobacco and other Drug Prevention. Individual growth, development and sexual health, and injury prevention and safety will also be included as per the California Health Education Content Standards.</p> <p>3. The health education topics listed above will be integrated into other academic subjects as appropriate.</p> <p>4. Before and after school programs are encouraged to integrate nutrition education into their activities as appropriate.</p>
39. Vallecitos	BP (2017)	<p>1</p> <p>2</p> <p>3</p>	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p>
40. Valley Center-Pauma	BP (2016)	1	The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
41. Vista	BP (2021)	<p>1</p> <p>1</p> <p>1</p>	<p>The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.</p> <p>Nutrition education shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.</p> <p>Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as</p>

		3	<p>health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.</p> <p>The Board and the Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the District activities related to student wellness. Such indicators may include, but are not limited to: 1. Descriptions of the District’s nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements</p>
42. Warner	BP (2018)	1	<p>The Superintendent or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.</p> <p>Nutrition education shall be provided as part of the health education program in grades K-9 and, as appropriate, shall be integrated into core academic subjects and included in before- and after-school programs.</p>