

FRESNO COUNTY SUPERINTENDENT OF SCHOOLS
FRESNO COUNTY BOARD OF EDUCATION**Instruction**
COMPREHENSIVE HEALTH EDUCATION

The County Superintendent and County Board believe 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 to promoting healthy development for all students. The County Superintendent/County Board health education program shall be part of a coordinated school health system 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 the County Superintendent/County Board and community services and resources.

Goals for the County Superintendent/County Board 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 County Superintendent/County Board shall provide a planned, sequential, research-based, and developmentally appropriate health education curriculum for students in grades K-12 that is aligned with the state's content standards and curriculum framework and integrated with other content areas of curriculum. The County Superintendent or designee shall determine the grade levels and subject areas in which health-related topics will be addressed, in accordance with law, County Superintendent and County Board policy, and administrative regulation.

As appropriate, the County 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 health education program. Health and safety professionals may be invited to provide related instruction in the classroom, school assemblies, and other instructional settings.

The County 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.

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

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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)

Adopted: 10/20/2011

Amended: 11/19/2020, 06/15/2023, 03/21/2024, 03/19/2026

Legal Reference

Education Code

8850.5 Family relationships and parenting education
35183.5 Sun protection
49413 First aid training
49430-49434 Pupil Nutrition, Health and Achievement Act of 2001
49490-49494 School breakfast and lunch programs
49500-49505 School meals
51202 Instruction in personal and public health and safety
51203 Instruction on alcohol, narcotics and dangerous drugs
51210 Areas of study
51210.8 State content standards for health education
51220.5 Parenting skills; areas of instruction
51225.36 Instruction in sexual harassment and violence
51225.38 Instruction in the dangers associated with fentanyl use
51225.6 Instruction in cardiopulmonary resuscitation
51240 Excuse from instruction due to religious beliefs
51260-51269 Drug education
51513 Personal beliefs
51880-51881.5 Health education, legislative findings and intent
51890-51891 Comprehensive health education programs
51900.6 Sexual abuse and sexual assault awareness and prevention instruction
51913 District health education plan
51920 Inservice training, health education
51925-51929 Mandatory mental health education and in-service training
51930-51939 California Healthy Youth Act
67386 Student safety; affirmative consent standard

California Code of Regulations, Title 5

11800-11801 District health education plan

United States Code, Title 42

1751-1769j School Lunch Program
1758b Local wellness policy
1771-1793 Child Nutrition Act

Court Decision

Mahmoud v. Taylor (2025) 606 U.S. ____ (2025 WL 1773627)

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Management Resources

CSBA Publications

Integrating Oral Health into School Health Programs and Policies, May 2010

Integrating Physical Activity into the School Day, April 2016

Preventing Catastrophic Health Illness, Governance Brief, July 2018

The Impact of Marijuana Legalization on K-12: The Effect of Marijuana on the Brain, November 2018

Why Schools Hold the Promise for Adolescent Mental Health, Governance Brief, May 2019

Asthma Management in the Schools, Policy Brief, March 2008

Monitoring for Success: A Guide for Assessing and Strengthening Student Wellness Policies, rev. 2012

Promoting Oral Health for California's Students: New Roles, New Opportunities for Schools, Policy Brief, November 2008

Sun Safety in Schools, Policy Brief, July 2006

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

Promoting Healthy Relationships for Adolescents: Policy Considerations, Governance Brief, August 2014

Society of Health & Physical Educators Publication

National Health Education Standards: Achieving Excellence, rev. 2012

California Department of Education Publications

Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008

Health Framework for California Public Schools: Kindergarten Through Grade Twelve, 2019

U.S. Department of Health and Human Services Publications

Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory, 2023

Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Health Effects of Social Connection and the Community, 2023

Websites

American School Health Association: <http://www.ashaweb.org>

California Department of Education, Health Education: <http://www.cde.ca.gov/ci/he>

California Department of Public Health: <http://www.cdph.ca.gov>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

National Center for Health Education: <http://www.nche.org>

National Hearing Conservation Association: <http://www.hearingconservation.org>

U.S. Department of Health and Human Services:

<https://www.usa.gov/agencies/u-s-department-of-health-and-human-services>