

<b>New Mexico School f/t Blind &amp; Visually Impaired</b>	<b>NO. 522.7</b>
	<b>SUBJECT: Wellness – Health Education</b>
<b>Effective Date: Jan 11, 2007</b>	<b>Reviewed: 4/25/13 – NO REVISION REC.</b>
<b>Distribution: All Staff</b>	<b>Kind: Board Policy</b>

### **GOAL**

The goal of a comprehensive health education curriculum within a coordinated school health approach is to acquire life skills in order to attain personal, family, community, consumer and environmental health.

### **DEFINITION**

Health Education means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

### **IMPLEMENTATION REQUIREMENTS**

1. NMSBVI will provide a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health. This curriculum will be presented to the students through the core curriculum, the expanded core curriculum or extracurricular options (i.e. as blocks of instruction on Friday afternoons of Weekend on Campus or instruction during sport programs).
2. NMSBVI will use a health education curriculum that is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
3. NMSBVI will provide activities in comprehensive health education that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC. These may include, but not be limited to: guest speakers on health issues, poster contests, health fairs, home and personal environmental surveys, etc.
4. NMSBVI will provide instruction addressing HIV and related issues in the curriculum of the required health education content area. This portion of the curriculum will be appropriately developed and presented for each grade band as set forth in 6.12.2.10.C NMAC. NMSBVI will include a parent permission/request for exclusion letter in the annual enrollment package that addresses the teaching of human sexuality and HIV within in the health curriculum. This letter will be kept on file in the accessible student's records for all teachers to read. Parents or guardians will be notified of the impending presentation of this instruction two weeks prior to its presentation by letter. Parents or guardians may request that their child be exempted from that portion of the curriculum prior to its presentation by responding to the notification of the impending presentation or at any point within the presentation period. If parents or guardians do not respond to the letter, it will be assumed that their student will be permitted to participate in that part of the curriculum if they had given prior permission during the enrollment process. Students who are exempted by their parents from the HIV and related issues portion of the curriculum will be provided alternative lessons from the health education curriculum through the core curriculum, expanded core curriculum, or extracurricular activities.

### **IMPLEMENTATION OVERSITE/EVALUATION**

The Superintendent and School Health Advisory Council Chair Person shall be responsible for monitoring implementation of this wellness program, and shall ensure that a thorough annual evaluation of the program's content and effectiveness is conducted. This annual evaluation should be conducted at the mid-point of the school year (i.e. January) utilizing the process and evaluation tool as developed and adopted by the School Health Advisory Council. This will allow sufficient time to implement changes, if changes are deemed necessary, and still protect the integrity and effectiveness of the wellness program.