



## **IHAM - HEALTH EDUCATION**

Poudre School District is committed to a comprehensive health education program as an integral part of each student's general education. The District's health education program shall emphasize a contemporary, research-based approach to physical activity and instruction on topics that include nutrition, personal health and physical fitness; human growth and development; hereditary and developmental conditions; community and environmental health; consumer health; tobacco, alcohol and other drug use; communicable diseases; mental and emotional health; family life/sex education; high-risk behaviors; and injury prevention, safety and emergency care.

The curriculum and materials to be used in the District's comprehensive health education program shall be made available for public inspection during school hours. Prior to the implementation of any substantial new or revised curriculum and materials, the District shall receive and consider public comment thereon.

Parents/guardians shall be provided written notice prior to the commencement of any unit or lesson that is part of the District's comprehensive health education program at their child's school which shall include: (1) an overview of the substantive content of the unit or lesson to be presented; (2) notice of when and where the associated curriculum and materials are available for inspection; and (3) notice that parents/guardians may excuse their child, upon written request, from some or all of the comprehensive health education program on the grounds that it is contrary to the religious beliefs and teachings of the child or the child's parent/guardian. Students shall be provided with alternative educational assignments or activities for credit corresponding to that portion of the comprehensive health education program from which they are excused.

## **FAMILY LIFE/SEX EDUCATION**

Parents/guardians are primarily responsible for assisting their children to develop responsible behaviors and attitudes concerning family life and human sexuality. The role of District schools is to support and supplement the efforts of parents/guardians in these areas by offering students factual information and opportunities to discuss concerns, issues and attitudes inherent in family life and sexual behavior, including inquiry and discussion about perspectives and beliefs.

Students shall receive family life instruction and sex education in regular courses on anatomy, physiology, health, home economics and science. The District shall maintain content standards for any planned curriculum that includes instruction concerning human sexuality based on scientific research, as required by Colorado law.

Parents/guardians shall be provided written notice prior to the commencement of any planned curriculum that includes the discussion of or instruction concerning human

sexuality which shall include: (1) a detailed, substantive outline of the topics and material to be presented in that portion of the planned curriculum that concerns human sexuality; and (2) notice that parents/guardians may excuse their child, upon written request, from some or all of the planned curriculum that includes discussion or instruction concerning human sexuality. Students shall be provided with alternative educational assignments or activities for credit corresponding to that portion of the planned curriculum that concerns human sexuality from which they are excused.

#### HIV/AIDS EDUCATION

The District's comprehensive health education program shall include education concerning the Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) that is developmentally appropriate to the grade levels of the students to whom it is taught. Such education shall include how HIV/AIDS is transmitted, what voluntary behaviors put individuals at risk of infection, and how individuals can prevent infection by making wise decisions in their daily lives. Students should receive proper education about HIV/AIDS before they reach the age when they may adopt behaviors that put them at risk of contracting the disease.

Parents/guardians shall be provided written notice prior to the commencement of HIV/AIDS education and the option of excusing their child from such education as set forth above with respect to the District's comprehensive health education program or instruction concerning human sexuality, as applicable.

#### ELEMENTARY SCHOOL PHYSICAL ACTIVITY REQUIREMENTS

Full-day elementary school students shall be provided the opportunity to engage in a minimum of 600 minutes of physical activity per month and half-day elementary school students shall be provided the opportunity to engage in a minimum of 300 minutes of physical activity per month, as required by law. Such physical activity may include, but need not be limited to, exercise programs, fitness breaks, recess, field trips that include physical activity, classroom activities that include physical activity, and physical education classes. Exceptions to these required amounts of physical activity may be allowed for one or more school closures in a month, in accordance with governing law.

Appropriate accommodations or alternatives shall be provided for students with medical or physical limitations that affect their ability to participate in scheduled physical activities, in accordance with the requirements of state and federal law.

Elementary schools shall not substitute non-instructional physical activity for standards-based physical education instruction.

Current practice codified 1995  
Adopted by Board: May 22, 1995  
Revised by Board: April 28, 1997  
Revised by Board: December 12, 2005

Revised by Superintendent: September 28, 2009  
Revised by Superintendent: August 1, 2011

LEGAL REFS:

20 U.S.C. 7906

C.R.S. 22-1-110

C.R.S. 22-1-110.5

C.R.S. 22-25-101, et seq.

C.R.S. 22-32-136.5

CROSS REFS:

IGA, Curriculum Development

IGD, Curriculum Adoption

IMB, Teaching About Controversial/Sensitive Issues

IMBB, Student Participation in Curricular Instruction, Programs and Activities

JLC, Student Health Services and Requirements, and sub-codes