

# Summary of Current Federal, State, and Local Regulations and Policies Relevant to Health Education

Updated 9/30/2014

Health Education	<b>Regulations and Policies</b>	
<p>Health education provides students with opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others. Comprehensive school health education includes curricula for students in pre-K through grade 12 that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Qualified, trained teachers teach health education.</p>	<b>Note: If policies differ, the most stringent policy will apply.</b>	
	Federal	Website/References
	1. Implement a <b>Wellness Policy</b> including goals for nutrition education. Measure and publicly report on implementation progress.	<a href="#">Healthy, Hunger-Free Kids Act</a>
	State	Website/References
	<p>1. <b>Practical Living Program Review:</b> In 2009, Kentucky’s General Assembly passed Senate Bill I. Passage of this bill established the implementation of a Program Review to be included as part of a new assessment and accountability model.</p> <p>Practical Living Program Review- Standard 1/Demonstrator 1: Health Education (Proficiency/Meets Expectations):</p> <ul style="list-style-type: none"> <li>• A comprehensive health education curriculum is sequentially planned and aligns with the Kentucky Core Academic Standards (KCAS) for Practical Living.</li> <li>• Health education curriculum regularly provides opportunities for all students to become health literate by practicing the skills embedded in the National Health Education Standards (NHES) which establish, promote and support health-enhancing behaviors for students in all grade levels.</li> <li>• The health education curriculum provides learning strategies and activities that ensure students receive instruction in all health education content areas (e.g. family life and human sexuality, alcohol and other drugs, tobacco, nutrition, mental and emotional health, injury and violence prevention, diseases and disorders, physical activity, personal/consumer health, community/environmental health).</li> <li>• ... collaboration and integration of health education instruction throughout the school environment.</li> <li>• School ensures the health education curriculum is integrated and includes frequent opportunities for cross-disciplinary connections to meet the health and safety needs of all students.</li> </ul>	<a href="#">Kentucky Senate Bill 1 (2009)</a>
2. <b>Kentucky Core Academic Standards (KCAS):</b> Elementary and secondary health education programs or courses shall follow the descriptions and requirements recorded in the health education section of the Kentucky Core Academic Standards (KCAS).	<a href="#">Kentucky Core Academic Standards</a>	

	<b>3. Minimum Requirements for High School Graduation:</b> <ul style="list-style-type: none"> <li>Health: One-half (1/2) credit to include the content contained in the Kentucky Core Academic Standards (KCAS) for health.</li> </ul>	<a href="#">704 KAR 3:305. Minimum Requirements for High School Graduation</a>
	<b>Local</b>	<b>Website/References</b>
	<b>1. JCPS District and K-5 Local School's Student Wellness Policy</b> <ul style="list-style-type: none"> <li>JCPS District and K-5 local school's Student Wellness Policy address several goals, including: Nutrition Education to be sequential and interdisciplinary.</li> <li>School is implementing the district-level wellness policy via a school-level wellness policy that is reviewed annually; and goals for school wellness are included in the CSIP</li> </ul>	JCPS BOE Policy JI
	2. Instructional Goals	JCPS BOE Policy IA
	3. Basic Instructional Program	JCPS BOE Policy IGA
	4. Curriculum Design	JCPS BOE Policy IG
5. Teaching About Alcohol, Tobacco, and Other Drugs	JCPS BOE Policy IGAG	

***JCPS is committed to providing a school environment that enhances learning and assists students in developing lifelong wellness practices. Best practices regarding wellness are always encouraged. For more information regarding Health Education, contact JCPS Curriculum Management, Practical Living at 485-3053.***

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