



Frequently Asked Questions

About High School Health Education



1. What is the High School Health Education Policy?

The SFUSD Health Education Policy #19-245pl: mandates 90 class periods of health education. The recommended implementation is:

- 15 periods of self-esteem, mental/emotional health, and personal/social skills;
- 15 periods of family life, sexuality education, STD/HIV and pregnancy prevention;
- 15 periods of substance use prevention, including 6 of tobacco prevention;
- 8 periods of violence prevention;
- 2 periods of sexuality diversity;
- 10 periods of nutrition and physical activity promotion;
- 25 remaining periods based on student needs/ concerns such as personal health, consumer health, injury prevention etc....

2. Is parent notification needed to teach health education?

Per California Education Code (51930-51939), parents/guardians **are to be notified at least 14 days prior** to classroom teacher instruction only about sexuality, including human reproduction and sexually transmitted disease. **The Student and Parent/Guardian Handbook fulfills this notification requirement (no signed consent is necessary). A student may be excluded** from any portion of the health education program by having the **parent submit the request in writing** to the child's teacher of health education at his/her school site. Notification letters can also be found on the Student, Family, and Community Support Department's (SFCSD) website at www.healthiersf.org under Forms.

3. What is the role of the Health Liaison Coordinator at each high school site?

The Health Liaison Coordinator (HLC) is a certificated staff person who focuses on the promotion of health awareness events and health education providing the coordination of activities, including Substance Use Prevention, HIV/AIDS Awareness, Nutrition and Fitness Promotion, educational theatre presentations, and ropes and sailing trips; also supports the implementation of health education for the general student population. The high school Wellness Coordinator, Community health Outreach Worker, and School District Nurse can also assist in school-wide health awareness planning and health education implementation.

4. What health curricula has been distributed to high schools?

- *Holt Lifetime Health* textbook and *Sexuality and Society* Supplement
- *Towards No Drug Abuse*
- *HS Health Smart, ETR; The Teen Files*
- *Positive Prevention, Level B: HIV/STD Prevention for CA Youth*
- *Positive Prevention for Special Populations, HIV/STD Prevention for CA*
- *New Dietary Guidelines*

For information on health curricula, contact the on-site Health Liaison Coordinator or Wellness Program team. At School Health Office, contact Rosalia Lopez, Secondary Teacher on Special Assignment (TSA) or Meghan Elliott, Secondary Nutrition Coordinator, 415-242-2615. Christopher Pepper, Health Education Teacher Leader, at Balboa High School is also available for assistance.

5. How would a District staff member find out about professional development being offered to support implementation of Health Education curriculum?

- *Save the Dates* announcements are distributed to all schools in the fall and posted in the Weekly Administrative Directive (WAD). Announcements are also posted on the Student, Family, and Community Department website at www.healthiersf.org.
- At the school site, contact the site Health Liaison Coordinator, Wellness Coordinator or School District Nurse.

For further information, contact the Secondary TSA Rosalia Lopez or Secondary Nutrition Coordinator Meghan Elliott from School Health Programs, SFCSD (242-2615).

6. What is the approval process for a Community Based Organization (CBO) that offers health- related presentations?

All outside health- related speakers need to have been approved by the District, complete an MOU, and have a TB clearance as well as fingerprinting. Go to the www.healthiersf.org website to see a listing of approved health related speakers. A CBO orientation for health related speakers is held in the Fall.

Contact Lynn Garcia in Risk Management 241-6307 or Donna Blanchard in School Health Programs 242-2615.

7. What is the protocol for CBO speakers on sexuality, including human reproduction and sexually transmitted diseases?

A separate parent notification needs to occur 14 days prior to the presentation indicating the date and time when an outside speaker on *sensitive issues* is to present; go to the www.healthiersf.org website and go to the Forms tab, and then find Notification Letters.

Contact Donna Blanchard, Program Administrator at 242-2615 or by e-mail at blanchardd@sfusd.edu for other specific questions related to health-related presentations from community based organizations.

8. If there is a crisis at the school what should be done? Who can help?

- As a regular routine, establish a Crisis Response Team of school staff with assigned tasks.
- Review key information in the Crisis Response Binder
<http://healthiersf.org/resources/index.php#schoolHealthMan>
- Include on-site support staff (i.e. Wellness Coordinator or School District Nurse).
- For additional support and consultation, call the Nurse of the Day (NOD) at School Health Programs at 242-2615.

9. Where can I find support for violence prevention or bullying?

- Refer to violence prevention curriculum packet with posters/buttons/strategies which are distributed to all Wellness Programs/Health Promotion Committees and information is also made available to all staff through the monthly WAD; in 2012, Violence Prevention: Peace and Safety Health Awareness will be in November.
- Refer to Restorative Practices and implement school wide strategies for a positive climate.
- Collaborate with on-site Wellness Team and involve Youth Outreach Coordinator who coordinates peer presentations with the Youth Outreach Workers (students).
- For further resources, contact Secondary Teacher on Special Assignment, Rosalia Lopez, at School Health Programs at 242-2615.

10. What Lesbian Gay Bisexual Transgender & Questioning (LGBTQ) resources exist?

- At your site, contact LGBTQ Support Liaison, a staff person who is part of the high school Health Promotion Committee and focuses on the promotion of health awareness events and the coordination of safe school activities including Respect and Violence Prevention, Diversity Awareness, and Gay/Straight Alliance.
- Go to www.healthiersf.org/LGBTQ for support services and information regarding LGBTQ curriculum, policies, resources and events.
- Contact the School Climate Coordinator Ilsa Bertolini or Kevin Gogin, Program Manager for on-site professional development session (242-2615).

11. What are the Health Awareness themes for each month?

A great way to maintain a school wide positive climate is to focus on a health awareness theme each month. School Health Programs, SFCSD sends out resources on a monthly basis in the Weekly Administrative Directive (WAD) related to the following themes:

- **August/September** – Build a Healthy School Community
- **October** – Be Drug Free
- **November** – Violence Prevention - Stand Up for Peace and Safety
- **December** – HIV/AIDS Prevention - Be Aware, Be Safe, Be Responsible
- **January** – Build Friendships and Healthy Relationships
- **February** - Physical Activity Awareness
- **March** - Nutrition Awareness
- **April** - Gay Pride
- **May** – Summer Health

For follow-up and implementation, contact the on-site Health Liaison Coordinator, LGBTQ Support Liaison and/or Wellness Team.

12. What theatre presentations are offered at high school level?

The New Conservatory Theatre Center offers two theatre presentations for 9th – 12th graders.

- 1.) **OutSpoken**, a theater presentation that looks at the many reasons young people feel ostracized in school, at home, and in their communities including race, religion, sexual orientation, body type, and socioeconomic background.
- 2.) **The Other Side of the Closet**, supports a safer school curriculum wherein students, teachers, and parents can learn about diversity and acceptance in an innovative and engaging format. Set in and around a high school, this hard-hitting play tells the story of five teens who are grappling with issues of peer pressure, youth violence, homophobia, behavior norms, expectations, discrimination, and identity.

Kaiser Permanente also offers a wellness theater presentation for 9th – 12 graders called **Secrets**.

Secret, is a theater presentation about HIV/AIDS and sexually transmitted disease (STD) prevention. This innovative approach uses the "magic" of live theatre to address many difficult and complex issues affecting teens today such as healthy relationships, the risks of being sexually active, the transmission of HIV and STDs, and abstinence.

Contact on-site Health Liaison Coordinator or Secondary Teacher on Special Assignment Rosalia Lopez, 242-2615.

13. What is the Wellness Policy? What can be sold at school?

- The Wellness Policy states what food can be sold during the school day and specifies that food must meet specific nutritional standards. School Fundraising is outlined and sets certain limits.
- Specifically, student-run fundraising food sales (allowable only in high schools) during the school day are limited to 4 days total per year, per California Code (15500, 15501) of Regulation.
- In high schools an unlimited number of sales by parents of food which does not meet District nutrition standards may be held at school events including sports and performances, but must take place after 4:00 PM weekdays or anytime on weekends or school holidays.

Summary of the SFUSD Nutrition Standard

- Beverages may include plain bottled water, 100 percent fruit juice, blends of 100 percent fruit juice and water with no added sweetener, and one percent or fat free milk.
- Entrees/snacks/side dishes may be no more than 30 percent calories from fat, with no more than 10 percent calories from saturated and trans fat, and be no more than 35 percent sugar by weight. In addition, snacks and side dishes must contain specified levels of vitamins, minerals, protein, and fiber.

School Environment

Principals and staff will promote a school environment supportive of healthy eating, through role modeling, serving nutritious food at school meetings and events, and by refraining from using candy and snacks of minimal nutritional value as rewards for students.

Vending

Vending machines may carry only beverages and snacks which meet district nutrition standards. See list of District-approved products for vending at: www.sfusdfood.org.

For further information, contact Mark Elkin, Teacher on Special Assignment and Nutrition Education Project Coordinator.

Physical Activity

Although it is recommended that students participate in sixty minutes of physical activity every day, the State and District mandate 4 semesters of Physical Education.