Frequently Asked Questions

About Middle School Health Education

1. What is the Middle School Health Education Policy?

The SFUSD Health Education Policy #19-245pl: mandates 30 class periods per grade per year. The recommended implementation is:

- 4 periods of self-esteem, mental/emotional health, and personal/social skills;
- 5 periods of family life, sexuality education, STD/HIV and pregnancy prevention;
- 6 periods of substance use prevention;
- 7 periods of violence prevention;
- 4 periods of nutrition and physical activity promotion;
- 2 periods of sexuality diversity
- 2 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). Students can 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 middle school site?

The Health Liaison Coordinator (HLC) is a certificated 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 Learning Support Professional and School District Nurse can also assist in school-wide health awareness planning and health education implementation.

4. What health curriculum should be on site?

- *Holt Decisions for Health textbook, Level Green- 6th grade, Level Red – 7th grade, Level Blue – 8th grade* & *Sexuality and Responsibility* supplement.
- *Positive Prevention: HIV/STD Prevention for CA Youth*
- *Personal and Social Skills*
- *Project Alert* drug education prevention
- *Second Step* violence prevention education
- *New Dietary Guidelines*

For information on health curriculum, contact the on-site Health Liaison Coordinator, Learning Support Professional, or School District Nurse. At School Health Programs, contact Rosalia Lopez, Secondary Teacher on Special Assignment (TSA) or Meghan Elliott, Secondary Nutrition Coordinator, 415-242-2615.

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 Support Department website at www.healthiersf.org.
   - At the school site, contact the site Health Liaison Coordinator, Learning Support Professional and 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 education 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 Program Administrator 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. See FAQ #2 and #6 for more details.
   - 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 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. Learning Support Professional and 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 get support for violence prevention or bullying issues?**
   - Refer to violence prevention curriculum and activities (*Second Step, Let's Get Real, Bully Dance*, *Bully Bystanders: You can Make a Difference*) that have been distributed to all middle school sites.
   - To locate curriculum at your site, contact the site Health Liaison Coordinator, Learning Support Professional, or School District Nurse.
   - Refer to Restorative Practices and implement school wide strategies for a positive climate.

- Collaborate with on-site Youth Outreach Coordinator who coordinates peer presentations with the Youth Outreach Workers (students).
- For further resources, contact Secondary TSA 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 Healthy School Team 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 Ilsa Bertolini, School Climate Coordinator for on-site professional development session at School Health Programs, SFCSD at 242-2615.

11. What are the Health Awareness themes for each month and who coordinates them?

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 new themes:

- **August/September** – Develop 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, LGBTQ Support Liaison, Learning Support Professional and/or School District Nurse.

12. What theatre presentations are offered at the middle school level?

The New Conservatory Theatre Center offers two theatre presentations for 6th – 8th 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 presentation for all SFUSD 6th graders called ***Night Mare on Puberty Street,*** The presentation focuses on the pressures of childhood and adulthood including the changes, challenges, confusion that comes with puberty. The play also explores feelings of sexual attraction. Moodiness, depression, maybe even thoughts of suicide.

- Contact on-site Health Liaison Coordinator, Learning Support Professional, or School District Nurse; for further assistance, contact 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.
- Parents or school staff may not sell food during the school day; however, sales may be held after the end of the school day, so as not to compete with the School Meal Program.
- Students may sell food after school hours provided the sale meets the conditions set forth in the California Code of Regulation referenced above. Food and beverages sold must be from the District-approved list; only one student group may sell per day; no more than three types of items may be sold (e.g., beverages, snacks, fresh fruit).

Summary of the SFUSD Nutrition Standard

- Beverages may include only: 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.

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 400 minutes of Physical Education every 10 days at the middle school level.