



Frequently Asked Questions about Health Education

Elementary Level



1. What is the Elementary Health Education Policy?

The SFUSD Health Education Policy #19-245pl: **mandates 20 class lessons** per grade per year. The recommended implementation is:

- 5 lessons of violence prevention, self-esteem, mental/emotional health, personal/social skills;
- 5 lessons of HIV prevention, and puberty for grades 3- 5;
- 3 lessons of substance use prevention;
- 2 lessons of family diversity;
- 2 lessons of nutrition;
- 3 remaining lessons based on student needs/concerns such as hygiene, dental health, 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 puberty and HIV/AIDS. **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 a Health Advocate?

A Health Advocate is a staff member on site 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, and educational theatre presentations. The Health Advocate also supports the implementation of health education for the general student population. The Learning Support Professional, School District Nurse and/or Site Nutrition Coordinator can also assist in school-wide health awareness planning and health education implementation.

4. What health education curricula has been distributed to elementary schools?

- *Actions for Health* (comprehensive)
- *Too Good for Drugs*
- *Too Good for Violence*
- LGBTQ Family Diversity curricula
- *Tell Me About AIDS*
- *A Boy's Guide to Growing Up* (video)
- *A Girl's Guide to Growing Up* (video)

For information on health curricula, contact the on-site Health Advocate, Learning Support Professional, or School District Nurse. At School Health Programs, contact Martha Adriasola, Elementary Teacher on Special Assignment (TSA), or Ilsa Bertolini, School Climate Coordinator at 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 (SFCSD) website at www.healthiersf.org.
- At school, contact the Health Advocate, Learning Support Professional, and/or School District Nurse.

For further information, contact the Elementary Teachers on Special Assignment (Martha Adriasola, Ilsa Bertolini or Mark Elkin) at School Health Programs, SFCSD (242-2615). They can provide professional development on a specific curriculum and/or topic.

6. What is the approval process for a Community Based Organization (CBO) who offers health education presentations?

- All outside health related speakers need to have been approved by the District, complete an MOU, and have a TB and fingerprinting clearance. 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 at 241-6307 or Donna Blanchard at School Health Programs at 242-2615.

7. What is the protocol for CBO speakers on puberty and HIV/AIDS?

- 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, 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 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. Learning Support Professional 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 curricula/strategies (*Too Good for Violence, LGBTQ Family Diversity curricula, Restorative Practice*).
- Collaborate with on-site Learning Support Professional, School District Nurse (if available).
- Contact the Martha Adriasola, Teacher on Special Assignment at School Health Programs at 242-2615.

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

- At your site, contact the Health Advocate, a staff person who focuses on the promotion of health awareness events and the coordination of safe school activities including Respect and Violence Prevention, and Diversity Awareness.
- Go to www.healthiersf.org/LGBTQ for support services and information regarding LGBTQ curriculum, policies, resources and events.
- Contact Ilsa Bertolini, School Climate Coordinator at School Health Programs at 242-2615 to provide an on-site professional development session.

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 new themes:

- For follow-up and implementation, contact the on-site Health Advocate
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 Advocate, Learning Support Professional, Site Nutrition Coordinator and/or School District Nurse.

12. What educational theatre presentations are offered to K-5 students?

The *New Conservatory Theatre* Center offers prevention education presentations for:

- Kindergarten to third graders – HIV/AIDS education - *Dos Rappers Two*
- Fourth and fifth graders – HIV/AIDS education - *Get Real!*
- *Second to fifth graders*- Bullying and tolerance education - *Cootie Shots*

Kaiser Permanente also offers presentations to:

- Third and fourth graders – obesity prevention - *The Best Me*
- Third to fifth graders - violence prevention - *Peace Signs*.

See the WAD for upcoming presentations or contact Martha Adriasola, Elementary Teacher on Special Assignment, at School Health Programs at 242-2615.

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

The Wellness Policy is a federal requirement for all school districts which participate in the National School Lunch Program. The policy indicates specific nutritional standards for all food sold or served to students for USDA funded breakfast, lunch and snacks:

- Beverages may include plain water, 100 % fruit juice (limited to 6 oz), and one percent or fat free milk—no sugar sweetened beverages are allowed
- Food should be low salt, low fat (no trans fats) and low sugar

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 for student celebrations or for rewards. Vending machines in elementary schools may not be accessible to students.

School Fundraising is outlined indicating allowable hours and nutrition content. Go to www.healthiersf.org for further information or contact Mark Elkin, Teacher on Special Assignment, at School Health Programs at 242-2615 or by e-mail at elkinm@sfusd.edu.

Although it is recommended that students participate in sixty minutes of physical activity every day, the State and District mandate 200 minutes of Physical Education every 10 days at the elementary school level.