

2422 HEALTH AND PHYSICAL EDUCATION

The Board of Education shall provide a comprehensive health education program through a coordinated sequential curriculum at all grade levels, with instructional units appropriate to the age, growth and development, and maturity of students.

The Superintendent shall develop and recommend to the Board a program of health education designed to encourage the attitudes and practices that are conducive to good health, promote well-being, accident prevention and safety, prevention of Lyme Disease, consumer health, community and environmental health, family life and the prevention of substance abuse, disease, and human immunodeficiency virus (HIV) infection and sexual assault.

Staffing

Except as provided below for family life education, courses in health education will be taught by teachers whose certification qualifies them to teach health education. Teachers of the family life, substance abuse, and HIV prevention programs will be offered specific in-service training.

Excusal

Any student whose parent or legal guardian presents to the school principal a signed statement that a part of the instruction in health, family life, human immunodeficiency virus (HIV) infection prevention education, or sex education is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from the portion of the course in which such instruction is being given, and no student so excused shall be penalized by loss of credit or denial of a diploma otherwise earned.

Community Involvement

The programs of instruction for family life education and HIV prevention shall be developed through appropriate consultation and in participation with teachers, school administrators, parents or legal guardians, secondary school students, physicians, members of the clergy, and representative members of the community, so that each revision of the HIV prevention curriculum is accurate, current, relevant and acceptable. Such consultation shall continue, as appropriate, as the program is continually evaluated and revised.

Family Life Education

The Board will adopt a coordinated, sequential family life education program in grades K through 12 which includes instruction in human development, sexuality, HIV prevention,

and reproduction; in the physical, mental emotional, social, economic, and psychological aspects of interpersonal relationships; and in emerging health and social issues.

A copy of the complete district family life education curriculum and all instructional materials shall be available for public inspection in each school in the district prior to its use in any classroom. The parent or legal guardian of each student enrolled in the program shall receive annually an outline of the curriculum and a list of instructional materials for the student's grade along with notice of the availability for review of the complete curriculum and all materials.

The family life program may be taught by district personnel certified to teach biology, comprehensive science, elementary grades, health and physical education, home economics, nursery school, psychology, or special education classes, and the school nurse. The program may utilize the contributions of such community resource persons as parents or legal guardians, physicians, the clergy, attorneys, school social workers, school psychologists, and law enforcement personnel. The Board encourages the utilization of teachers in other disciplines through an interdisciplinary approach.

The Board of Education requires all students to participate in a comprehensive, sequential, health and physical education program aligned with the New Jersey Student Learning Standards (NJSLS) that emphasizes the natural interdisciplinary connection between wellness and health and physical education. The primary focus of the NJSLS is the development of knowledge and skills that influence healthy behaviors within the context of self, family, school, and the local and global community.

The NJSLS incorporate New Jersey statutes related to health and well-being of students in New Jersey schools. The following statutes incorporated into the NJSLS include, but are not limited to, the following requirements:

1. Accident and Fire Prevention (N.J.S.A. 18A:6-2) requires regular courses of instruction in accident and fire prevention.
2. Breast Self-Examination (N.J.S.A. 18A:35-5.4) requires offering instruction on breast self-examination for students in grades seven through twelve.
3. Bullying Prevention Programs (N.J.S.A. 18A:37-17) requires the establishment of bullying prevention programs.

4. Cancer Awareness (N.J.S.A. 18A:40-33) requires the development of a school program on cancer awareness by the Commissioner of Education.
5. Dating Violence Education (N.J.S.A. 18A:35-4.23a) requires instruction regarding dating violence in grades seven through twelve.
6. Domestic Violence Education (N.J.S.A. 18A:35-4.23) allows instruction on problems related to domestic violence and child abuse.
7. Gang Violence Prevention (N.J.S.A. 18A:35-4.26) requires instruction in gang violence prevention for elementary school students.
8. Health, Safety, and Physical Education (N.J.S.A. 18A:35) requires that all students in grades one through twelve participate in at least two and one-half hours of health, safety, and physical education each school week.
9. Drug, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids (N.J.S.A. 18A:40A-1) requires instructional programs on drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances and the development, sexuality, HIV prevention, and reproduction; in the physical, mental, emotional, social, economic, and psychological aspects of interpersonal relationships; and in emerging health and social issues. Tobacco and anabolic steroids education at every level will be integrated with the health education program. Substance abuse education in grades seven through twelve will be conducted at a minimum of ten clock hours per school.
10. Lyme Disease Prevention (N.J.S.A. 18A:35-5.1 through 5.3) requires the development of Lyme Disease curriculum guidelines and training to all teaching staff members who instruct students with Lyme Disease.
11. Organ Donation (N.J.S.A. 18A:7F-4.3) requires information relative to organ donation to be given to students in grades nine through twelve.

12. Sexual Assault Prevention (N.J.S.A. 18A:35-4.3) requires the development of a sexual assault prevention education program by the Commissioner of Education for utilization by school districts.
13. Stress Abstinence (N.J.S.A. 18A:35-4.19 through N.J.S.A. 18A:35-4.22), also known as the “AIDS Prevention Act of 1999,” requires sex education programs to stress abstinence.
14. Suicide Prevention (N.J.S.A. 18A:6-111 through 113) requires instruction in suicide prevention in public schools.
15. Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (N.J.S.A. 18A:35-4.28 and 18A:35-4.29) requires public high schools and charter schools to provide instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator to each student prior to graduation.
16. Sexually Explicit Images through Electronic Means (N.J.S.A. 18A:35-4.32 and 4.33) requires instruction, once during middle school, on the social, emotional, and legal consequences of distributing and soliciting sexually explicit images through electronic means.
17. Other Statutory or Administrative Codes. The Board will incorporate into its health and physical education curriculum any other requirements of the NJSLS in Comprehensive Health and Physical Education.

Human Immunodeficiency Virus (HIV) Infection Prevention Education

HIV/AIDS prevention education shall be provided at the elementary and secondary levels as part of a coordinated sequential comprehensive health education program and shall be articulated with instruction in family life and science. The HIV/AIDS prevention education curriculum shall be available for parental review upon request.

In accordance with the provisions of N.J.S.A. 18A:35-4.7, any student whose parent presents to the Principal a signed statement that any part of the instruction in health, family life education, or sex education is in conflict with his/her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result.

POLICY

MONTGOMERY TOWNSHIP BOARD OF EDUCATION

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The Board of Education must provide two and one-half hours of health, safety, and physical education courses in each school week, or proportionately less when holidays fall within the week. Recess period(s) shall not be used to meet the requirements of N.J.S.A. 18A:35-5, 7, and 8.

In accordance with N.J.S.A. 18A:35-4.31, the Board of Education shall provide a daily recess period of at least twenty minutes for students in grades Kindergarten through five. A recess period is not required on a school day in which the day is substantially shortened due to a delayed opening or early dismissal. The recess period shall be outdoors, if feasible. A student shall not be denied recess for any reason, except as a consequence of a violation of the school district's Code of Student Conduct, including a harassment, intimidation, or bullying (HIB) investigation pursuant to N.J.S.A. 18A:37-13 et seq. Students may not be denied recess more than twice per week for a violation of the Code of Student Conduct or HIB investigation and these students shall be provided restorative justice activities during the recess period. Restorative justice activities mean activities designed to improve the socioemotional and behavioral responses of students through the use of more appropriate and less punitive interventions thereby establishing a more supportive and inclusive school culture. The student's recess period should be scheduled in a manner that does not interfere with the implementation of a student's Individualized Education Program (IEP). School staff may deny recess for a student on the advice of a medical professional, school nurse, or the provisions of a student's IEP and/or 504 Plan.

N.J.A.C. 6A:7-1.7; 6:29S.A. 18A:35-4.1; 6:29-4.2; 6:29-6.631; 18A:35-5;
18A:35-7; 18A:35-8

Adopted: 26 July 1999
Revised: