

## HEALTH EDUCATION

The district is committed to a sound, comprehensive health education program as an integral part of each student's general education. Health education shall be incorporated into the subject matter of existing courses rather than taught as isolated classes.

The health education program shall emphasize a contemporary approach to the presentation of health information, skills, and knowledge necessary for students to understand and appreciate the functioning and proper care of the human body. In addition, the student will be presented with information regarding complex social, physical, and mental health problems to be encountered in society. Health education shall examine the potential health hazards of social, physical, and mental problems which exist in the broad school-community environment in an effort to help students make intelligent, viable choices on alternatives of serious personal consequence.

The Board believes that the greatest opportunity for effective health education lies within the public schools because of (1) the opportunity to reach almost all children at an age where positive, lifelong health habits may be engendered and (2) the availability of qualified personnel to conduct health education programs. Good health is a dynamic, not a static quality and therefore depends upon continuous lifelong attention to scientific advances and acquisition of new knowledge.

The Board, in an effort to promote a relevant, dynamic approach to the instruction of health education, will continue to stress the need for curricular, personnel, and financial commitments which are necessary to assure a high quality of health education.

Current practice codified 1975

Adopted: date of manual adoption

LEGAL REFS: M.R.S.A. 20:473 (3) ; 20:1011

Department of Public Schools, Augusta, Maine