

HEALTH/PHYSICAL EDUCATION

Students receive health instruction and physical training as prescribed by the Board of Education and approved by the Board of Health.

Such health instruction

- incorporates standards that recognize the multiple dimensions of health by including mental health and the relationship of physical and mental health so as to enhance student understanding, attitudes, and behavior that promote health, well-being and human dignity, and
- may include an age-appropriate program of instruction on the safe use of and risks of abuse of prescription drugs that is consistent with curriculum guidelines developed by the Board of Education and approved by the Board of Health, and
- may include a program of instruction on menstrual education in grade levels four through eight, offered at the grade level the School Board deems appropriate.

Such health instruction includes the following topics:

- general themes of life skills, including self-awareness, self-management, responsible decision making, relationship skills, and social awareness;
- signs and symptoms of common mental health challenges;
- mental health wellness and healthy strategies for coping with stress and negative feelings, including conflict resolution skills;
- the importance of and guidance on seeking assistance from an adult or mental health professional, including information on services offered within the school or the division;
- the prevalence of mental health challenges and the importance of overcoming common stigmas surrounding such mental health challenges;
- the connection between mental health and substance use disorders; and
- the importance of mental health to the student's overall well-being, including physical health and academic success.
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The Albemarle County School Division provides a program of physical activity available to all students in grades kindergarten through five consisting of at least twenty (20) minutes per day or an average of one hundred (100) minutes per week during the regular school year and available to all students in grades six through twelve with a goal of at least one hundred and fifty (150) minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular athletics, recess, or other programs and physical activities. Any physical education class offered to students in grades seven and eight includes at least one hour of personal safety training per school year in each such grade level that is developed and delivered in partnership with the local law-enforcement agency and consists of situational safety awareness training and social media education.

Hazing Prevention Instruction

The School Board offers as a part of physical or health education instruction

provided to students in grade nine or 10 research-based hazing prevention instruction in accordance with the Standards of Learning and curriculum guidelines developed by the Virginia Department of Education. Hazing prevention instruction is offered in person with options for virtual participation for any student who is enrolled in an online or virtual physical or health education program.

Adopted: July 1, 1993
Amended: February 22, 1999; January 27, 2011; April 23, 2015; August 23, 2018; August 25, 2022
Reviewed: September 9, 2004
Equity Review: August 25, 2022

Legal Refs.: Code of Virginia, 1950, as amended, §§ 22.1-207, 22.1- 253.13:1

Cross Refs.: IC/ID, *School Year/School Day*
IGAG, *Teaching About Drugs, Alcohol, and Tobacco*
JHCA, *Physical Examinations of Students*
JHCF, *Student Wellness*
JO, *Student Records*