

POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

2422 HEALTH AND PHYSICAL EDUCATION (M)

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 on 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. shall provide a comprehensive health education program aligned with the New Jersey Department Student Learning Standards (NJSLS). This program will comprise a coordinated sequential curriculum at all grade levels, with instructional units appropriate to the age, growth and development, and maturity of students.~~

The curriculum requirements listed below address the need for students to gain knowledge and skill in caring for themselves, interacting effectively with others, and analyzing the impact of choices and consequences. The primary focus of the curriculum listed below is to help students develop concepts and skills that promote and influence healthy behaviors, including supporting each other, recognizing opportunities for growth, and developing self-advocacy skills.

In implementing the curricula referenced below, the guiding principal shall be the District's commitment to equity, diversity and inclusivity, and providing safe and welcoming spaces for all students, regardless of race, ethnicity, national origin, language, disability status, gender expression or identity, sexual orientation, religion, and economic status. In the event that this policy expands on the requirements of a statute, the District shall implement the statute in the more expansive manner directed below.

~~The Superintendent shall develop and recommend to the Board a program of health education designed for students to master the Cumulative Progress Indicators of the Department of Education's Comprehensive Health Education and Physical Education Student Learning Standards.~~

The NJSLS ~~incorporates~~ 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.~~instruction in accident and fire prevention.~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

~~Regular courses of instruction in accident prevention and fire prevention shall be given in every public and private school in New Jersey. Instruction shall be adapted to the understanding of students at different grade levels.~~

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. ~~The Board of Education shall operate an educational program for students in grades seven through twelve with instruction in breast self-examination. The instruction shall take place as part of the district's implementation of the NJSLs in Comprehensive Health and Physical Education and the comprehensive health and physical education curriculum framework shall provide school districts with sample activities that may be used to support implementation of the instructional requirement.~~

3. Bullying Prevention Programs (N.J.S.A. 18A:37-17) requires the establishment of bullying prevention programs as detailed in policy 5512-Harassment, Intimidation and Bullying. ~~The school district is encouraged to establish bullying prevention programs and other initiatives involving school staff, students, administrators, volunteers, parents, law enforcement, and community members. To the extent funds are appropriated for these purposes, the school district shall: (1) provide training on the school district's Harassment, Intimidation, or Bullying Policy to school employees and volunteers who have significant contact with students; and (2) develop a process for discussing the district's Harassment, Intimidation, or Bullying Policy with students. Information regarding the school district Policy against harassment, intimidation, or bullying shall be incorporated into the school's employee training program.~~

4. Cancer Awareness (N.J.S.A. 18A:40-33) requires the development of a school program on cancer awareness by the. ~~The Commissioner of Education, in consultation with the State school Boards, shall develop a cancer awareness program appropriate for school-aged children.~~

5. Dating Violence Education (N.J.S.A. 18A:35-4.23a) requires instruction regarding dating violence in grades seven through twelve. The dating violence education shall include, but not be limited to, information on the definition of dating violence, recognizing dating violence warning signs, and characteristics of healthy relationships. See Policy 5519 - Dating Violence at School. ~~The school district shall incorporate dating violence education that is age appropriate into the health education curriculum as part of the district's implementation of the NJSLs in Comprehensive Health and Physical Education for students in grades seven through twelve. The dating violence education shall include, but not be limited to, information on the definition of dating violence,~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

~~recognizing dating violence warning signs, and the characteristics of healthy relationships.~~

6. Domestic Violence Education (N.J.S.A. 18A:35-4.23) allows instruction on problems related to domestic violence and child abuse. ~~The Board of Education may include instruction on the problems of domestic violence and child abuse in an appropriate place in the curriculum of elementary school, middle school, and high school students. The instruction shall enable students to understand the psychology and dynamics of family violence, dating violence, and child abuse; the relationship of alcohol and drug use to such violence and abuse; the relationship of animal cruelty to such violence and abuse; and to learn methods of nonviolent problem solving.~~

7. Gang Violence Prevention (N.J.S.A. 18A:35-4.26) requires instruction in gang violence prevention for elementary school students. ~~A Board of Education that operates an educational program for elementary school students shall offer instruction in gang violence prevention and in ways to avoid membership in gangs. The instruction shall take place as part of the district's implementation of the NJSLS in Comprehensive Health and Physical Education and the comprehensive health and physical education curriculum framework shall provide the school district with sample materials that may be used to support implementation of the instructional requirement.~~

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. ~~Every student, except Kindergarten students, attending the public schools, insofar as he or she is physically fit and capable of doing so, as determined by the medical inspector, shall take such courses, which shall be a part of the curriculum prescribed for the several grades. The conduct and attainment of the students shall be marked as in other courses or subjects, and the standing of the student in connection therewith shall form a part of the requirements for promotion or graduation. The time devoted to such courses shall aggregate at least two and one-half hours each school week, or proportionately less when holidays fall within the week.~~

9. Drugs, 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 of curriculum guidelines for each grade Kindergarten through twelve. See policy 5530-Substance Abuse. ~~Instructional programs on the nature of drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances, as defined in Section 2 of P.L.1970, c.226 (C.24:21-2), and their physiological, psychological, sociological, and legal effects on the individual, the family, and society shall be taught in the public school~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

~~and in each grade from Kindergarten through grade twelve in a manner adapted to the age and understanding of the students. The programs shall be based upon the curriculum guidelines established by the Commissioner of Education and shall be included in the curriculum for each grade in such a manner as to provide a thorough and comprehensive treatment of the subject.~~

10. Lyme Disease Prevention (N.J.S.A. 18A:35-5.1) requires the development of Lyme disease curriculum guidelines and training to all teaching staff members who instruct students with Lyme Disease. ~~The guidelines shall emphasize disease prevention and sensitivity for victims of the disease. The Commissioner of Education shall periodically review and update the guidelines to insure that the curriculum reflects the most current information available.~~

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. ~~The goals of the instruction shall be to:~~

- ~~a. Emphasize the benefits of organ and tissue donation to the health and well-being of society generally and to individuals whose lives are saved by organ and tissue donations, so that students will be motivated to make an affirmative decision to register as donors when they become adults.~~
- ~~b. Fully address myths and misunderstandings regarding organ and tissue donation.~~
- ~~c. Explain the options available to adults, including the option of designating a decision-maker to make the donation decision on one's behalf.~~
- ~~d. Instill an understanding of the consequences when an individual does not make a decision to become an organ donor and does not register or otherwise record a designated decision-maker. The instruction shall inform students that, beginning five years from the date of enactment of P.L.2008, c.48 (C.26:6-66 et al.), the New Jersey Motor Vehicle Commission will not issue or renew a New Jersey driver's license or personal identification card unless a prospective or renewing licensee or card holder makes an acknowledgement regarding the donor decision pursuant to Section 8 of P.L.2008, c.48 (C.39:3-12.4). The Commissioner of Education, through the non-public school liaison in the Department of Education, shall make any related instructional materials available to private schools educating students in grades nine through twelve, or any combination thereof. Such schools are encouraged to use the instructional materials at the school;~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

- ~~however, nothing in N.J.S.A. 18A:7F-4.3 shall be construed to require such schools to use the materials.~~
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. ~~Sexual assault prevention education program. The Department of Education in consultation with the advisory committee shall develop and establish guidelines for the teaching of sexual assault prevention techniques for utilization by local school districts in the establishment of a sexual assault prevention education program. Such program shall be adapted to the age and understanding of the students and shall be emphasized in appropriate places of the curriculum sufficiently for a full and adequate treatment of the subject.~~
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 that abstinence from sexual activity is the only completely reliable means of eliminating the sexual transmission of HIV/AIDS and other sexually transmitted diseases and of avoiding pregnancy. ~~. Any sex education that is given as part of any planned course, curriculum, or other instructional program and that is intended to impart information or promote discussion or understanding in regard to human sexual behavior, sexual feelings and sexual values, human sexuality and reproduction, pregnancy avoidance or termination, HIV infection or sexually transmitted diseases, regardless of whether such instruction is described as, or incorporated into, a description of “sex education,” “family life education,” “family health education,” “health education,” “family living,” “health,” “self-esteem,” or any other course, curriculum program, or goal of education, and any materials including, but not limited, to handouts, speakers, notes, or audiovisuals presented on school property concerning methods for the prevention of acquired immune deficiency syndrome (HIV/AIDS), other sexually transmitted diseases, and of avoiding pregnancy, shall stress that abstinence from sexual activity is the only completely reliable means of eliminating the sexual transmission of HIV/AIDS and other sexually transmitted diseases and of avoiding pregnancy.~~
14. Suicide Prevention (N.J.S.A. 18A:6-111 through 113) requires instruction in suicide prevention as part of any continuing education that public school teaching staff members must complete to maintain their certification as detailed in Policy 5350- Student Suicide Prevention in public schools. ~~Instruction in suicide prevention shall be provided as part of any continuing education that public school teaching staff members must complete to maintain their certification; and inclusion of suicide prevention awareness shall be included in the NJSLS in Comprehensive Health and Physical Education.~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

~~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 Cardiopulmonary Resuscitation (N.J.S.A. 18A:35-4.28 and 18A:35-4.29) requires instruction in the use of automated external defibrillator for students. Instruction shall be provided in cardiopulmonary resuscitation and the use of an automated external defibrillator to each student in a public school that includes grades nine through twelve prior to graduation as part of the district's implementation of the NJSLS in Comprehensive Health and Physical Education. The instruction provided shall be modeled from an instructional program established by the American Heart Association, American Red Cross, or other nationally recognized association and shall include a hands-on learning component.~~

~~16. Human Sexuality and Family Life Education-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. All students will be taught the biological, cultural, and psychological aspects of human sexuality and family life. The Board will adopt a coordinated, sequential human sexuality and family life education program aligned with the New Jersey Department of Education's Core Curriculum Content Standards.~~

~~17. History of Disabled and LGBT Persons (N.J.S.A. 18A:35-4.35 and 4.36) requires instruction on the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people for elementary, middle and high school students.~~

~~18. Financial Literacy (N.J.S.A. 18A:35-4.34) requires instruction with basic financial literacy necessary for sound financial decision-making in each of the grades six through eight.~~

~~19. Sexual Abuse and Assault Awareness and Prevention Education (N.J.S.A. 18A:35-4.5a) requires age-appropriate sexual abuse and assault awareness and prevention education in grades preschool through twelve.~~

~~20. Curriculum to Include Instruction on Diversity and Inclusion (N.J.S.A. 18A:35-4.36a) requires instruction on diversity and inclusion in an appropriate place in the curriculum for students in grades Kindergarten through twelve.~~

~~21. Incorporation of Age-Appropriate Instruction Relative to Consent for Physical~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

Contact and Sexual Activity (N.J.S.A. 18A:35-4.38) requires age-appropriate instruction in grades kindergarten through twelve on the law and meaning of consent for physical contact and sexual activity. The instruction shall be designed to increase discussion and awareness that consent is required before physical contact or sexual activity, as well as the social, emotional, and relational impact surrounding sexuality, the right to say no to unwanted physical contact or sexual activity, and the virtues of respecting the right of others to say no.

22. Health Curriculum to Include Instruction on Mental Health (N.J.S.A. 18A:35-4.39) requires health education programs to include instruction on mental health and the relation of physical and mental health for students in grades Kindergarten through twelve.

23. “New Jersey Safe Haven Infant Protection Act” Included in Public School Curriculum (N.J.S.A. 18A:35-4.40) information on the provisions of the “New Jersey Safe Haven Infant Protection Act” shall be included in curriculum for public school students in grades nine through twelve.

24. Infusion of African American Accomplishments into School Curricula (N.J.S.A. 18A:35-4.43) requires in the curriculum for all elementary and secondary students instruction that infuses into all courses on the United States the centuries of accomplishments by African Americans in the building and development of America.

25. 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.

26. Asian American, Pacific Islander history, contributions; instruction included in curriculum (N.J.S.A. 18A:35-4.44) requires that the contributions, history and heritage of Asian Americans and Pacific Islanders (AAPI) are included in the New Jersey Student Learning Standards for Social Studies for students in grades Kindergarten through 12.

27. Know Your Rights- The Board of Education directs that every student in grades nine through twelve be given a “Know Your Rights” training regarding their Constitutional rights during a police encounter. See Policy 5770-Student Right of Privacy. Other Statutory or Administrative Codes. The Board will incorporate into its health and physical education curriculum any other requirements of the New Jersey Department of Education’s NJSLS in Comprehensive Health and Physical Education.

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,



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

family life education, or sex education is in conflict with their 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.

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. See Policy 5460, High School Graduation, for information about Alternative Physical Education.

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 of all abilities 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. 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.

Staffing

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

Community Involvement

~~The Superintendent will ensure the program is aligned with the New Jersey Department of Education's Core Curriculum, Content Standards. The programs of instruction for human sexuality and family life education shall be developed through appropriate consultation and in participation with teachers, school administrators, parents or legal guardians, appropriate age school students, physicians, and representative members of the community. Such consultation shall continue, as appropriate, as the program is continually evaluated and revised.~~

Excusal



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

~~In accordance with the provisions of N.J.S.A. 18A:35-4.7, any student whose parent or legal guardian presents to the principal a signed statement that any part of the instruction in health, family life, 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 where such instruction is being given and no penalties as to credit or graduation shall result.~~

A copy of the NJSLS for Comprehensive Health and Physical Education and all related curriculum/course guides and instructional material shall be available for public inspection in each school.

~~As required by Federal and State statutes, any education that is given as part of any planned course, curriculum or other instructional program and that is intended to impart information or promote discussion of understanding in regard to human sexual behavior, sexual feelings and values, human sexuality and reproduction, pregnancy avoidance or termination, HIV infection or sexually transmitted diseases, and any material including, but not limited, to handouts, speakers, notes, or audiovisuals presented on school property concerning methods for the prevention of acquired immune deficiency syndrome (HIV/AIDS) other sexually transmitted diseases and of avoiding pregnancy, will stress that abstinence from sexual activity is the only completely reliable means of eliminating the sexual transmission of HIV/AIDS and other sexually transmitted diseases and of avoiding pregnancy.~~

~~As required by Federal and State statutes, the Board will include in its human sexuality and family life curriculum instruction on reasons, skills and strategies for remaining or becoming abstinent from sexual activity. Any instruction concerning the use of contraceptives or prophylactics, such as condoms, will also include information on their failure rates for preventing pregnancy, HIV and other sexually transmitted diseases in actual use among adolescent populations and shall clearly explain the difference between risk reduction through the use of such devices and risk elimination through abstinence. In addition, the human sexuality and family life curriculum will stress the importance of avoiding intravenous drug use.~~

~~A copy of the complete district human sexuality and 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 prior to instruction an outline of the curriculum and a list of instructional materials for that student's grade along with notice of the availability for review of the complete curriculum and all materials.~~



POLICY

SOUTH ORANGE MAPLEWOOD BOARD OF EDUCATION

Program
2422

HEALTH AND PHYSICAL EDUCATION (M)

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

~~Substance Abuse Education~~

~~All students will be taught the physical, mental, emotional, and social effects of the use and abuse of alcohol, tobacco, and other drugs. Instructional programs on the nature of drugs, alcohol, tobacco, and anabolic steroids and their physiological, psychological, sociological, and legal effects on the individual, the family, and society shall be taught at every grade level in a manner adapted to the age and understanding of the students. Such substance abuse education will be integrated with the health education program. Substance abuse education in grades seven through twelve will be conducted for a minimum of ten clock hours per school year.~~

N.J.S.A. 18A:35-4.1 et seq; 18A:35-1 et seq.;
18A:40A-1 et seq.

Cross reference: 5530, 5519

Adopted: 21 October 2002
Revised: 19 March 2018

