

SCHOOL DISTRICT

ADMINISTRATIVE
REGULATION

246-AR-5. HEALTHY SCHOOL ENVIRONMENT

A healthy school environment is conducive to learning and good for the health of everyone at school. A healthy learning environment plan will be developed, implemented and monitored, and will be designed to optimize conditions for learning and minimize exposure to indoor and outdoor hazardous chemicals, allergens, irritants, and pollutants. The plan will address the following elements:

1. Assessment of environmental factors that can enhance or detract from student learning and comfort, including lighting, ventilation, temperature, noise, availability of drinking water, and sanitation facilities.
2. Assessment of environmental factors that are potentially harmful to the health of students, including tobacco smoke and/or tobacco products, pests, mold, pollen, dust mites, animal dander, chalk dust, cleaning agents, scented and unscented personal care products, volatile organic chemicals (VOCs), laboratory chemicals, unvented fumes, vehicle exhaust, asbestos, lead and other substances in drinking water, arsenic-treated lumber, radon, and excessive exposure to direct sunlight.
3. Procedures for daily monitoring of outdoor air quality and for providing indoor alternatives for student physical activity on days with poor air quality.

Instructional Program

An instructional program that promotes a healthy school environment will be offered to assist students in making decisions in matters of personal, family and community health and safety and will:

1. Use active, participatory instructional strategies to engage all students.
2. Address social and media influences on student behavior and help students identify healthy alternatives to specific high-risk behavior.
3. Emphasize critical knowledge and skills that students need in order to obtain, understand and use basic health information and services in ways that enhance healthy living.
4. Focus on high-risk behaviors as they relate to the health of students, both short-term and long-term consequences, including those related to nutrition; physical activity; violence and injury; controlled substance abuse; tobacco use; and sexual behaviors that lead to HIV infection, sexually transmitted disease, or unintended pregnancy.

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5. Include accurate and up-to-date information that is developmentally appropriate for students.

Topics in the instructional program may include but not be limited to the following:

1. Use of health care services and products.
2. Mental and emotional health and development.
3. Abuse of controlled substances and tobacco, in accordance with Board policy.
4. Oral health, vision and hearing.
5. Nutrition, which may include related topics such as obesity and diabetes prevention.
6. Exercise, rest, and posture.
7. Environmental health and safety.
8. Injury prevention and safety.