



New Hampshire

# Department of Education

## CHAPTER Ed 300 ADMINISTRATION OF MINIMUM STANDARDS IN PUBLIC SCHOOLS

### Ed 306.40 Health Education Program.

(a) Pursuant to Ed 306.26 and Ed 306.27, the local school board shall require that a school health education program for grades 1-12 provides:

- (1) Health education;
- (2) School health services;
- (3) Food and nutrition services;
- (4) A comprehensive guidance and counseling program;
- (5) Healthy school facilities; and
- (6) Family and community partnerships.

(b) The local school board shall require that each school health education program provides:

- (1) Systematic instruction in grades K-12, designed to enable students to:
  - a. Comprehend concepts related to health promotion and disease prevention, linking to all content areas;
  - b. Demonstrate functional knowledge of the most important and enduring ideas, issues, and concepts related to achieving good health;
  - c. Demonstrate the ability to access valid health information and health-promoting products and services;
  - d. Demonstrate the ability to practice health enhancing behaviors and reduce health risks;

- e. Analyze the effect of culture, media, technology, and other influences on health;
  - f. Demonstrate the ability to use interpersonal communications skills to enhance health;
  - g. Demonstrate the ability to use goal-setting and decision making skills to enhance health; and
  - h. Demonstrate the ability to advocate for personal, family, and community health;
- (2) A planned K-12 curriculum in health education designed to teach the skills listed in (b)(1) above across the following content areas of health education:
- a. Alcohol and other drug use prevention, in accordance with RSA 189:10;
  - b. Injury prevention;
  - c. Nutrition;
  - d. Physical activity;
  - e. Family life and comprehensive sexuality education, including instruction relative to abstinence and sexually transmitted infections in accordance with RSA 189:10;
  - f. Tobacco use prevention;
  - g. Mental health;
  - h. Personal and consumer health; and
  - i. Community and environmental health; and
- (3) Sound assessment practices in health education that:
- a. Match goals and objectives;
  - b. Require evaluation and synthesis of knowledge and skills;
  - c. Emphasize higher order thinking skills;
  - d. Clearly indicate what the student is asked to do but not how to do it;
  - e. Are at the appropriate reading level;
  - f. Have criteria that are clear to students and teachers;
  - g. Are engaging and relevant to students;
  - h. Link to ongoing instruction;
  - i. Provide feedback to students;

- j. Provide cost-effective benefits to students;
- k. Reflect real world situations; and
- l. Emphasize use of available knowledge and skills in relevant problem contexts.

Source. #5546, eff 7-1-93; ss by #6366, eff 10-30-96,  
EXPIRED: 10-30-04

New. #8206, INTERIM, eff 11-18-04, EXPIRED:  
5-17-05

New. #8354, eff 7-1-05; ss by #10556, eff 3-27-14; ss by  
#10870, EMERGENCY, eff 6-29-15, EXPIRED:  
12-26-15; ss by #11020, eff 1-8-16 (See Revision Note at  
part heading for Ed 306); amd by #12845, eff 8-9-19