

## **HEALTH EDUCATION/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.

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;
- 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.

Maggie L. Walker Governor's School provides a program of physical activity available to all students consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and available to all students in grades nine through twelve with a goal of at least 150 minutes per week on average during the regular school year. Such program may include any combination of physical education classes, extracurricular athletics, and other programs and physical activities.

Hazing Prevention Instruction

The Regional School Board offers as a part of physical or health education instruction provided to students in grades 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.

Adopted: June 18, 2015

Amended: October 18, 2018

Amended: August 15, 2019

[Type text]

Amended: August 19, 2021

Amended: October 20, 2022

Amended: September 19, 2024

---

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

8 VAC 20-320-10.

Cross Refs.:	Pol 3020	Teaching About Drugs, Alcohol, & Tobacco
	Pol 4075	Student Wellness
	Pol 4045	Student Records
	Pol 3004	School Year/School Day
	Pol 2030	Reporting Acts of Violence and Substance Abuse
	Pol 3031	Virtual Courses