

## HEALTH EDUCATION AND EXEMPTION FROM INSTRUCTION

Consistent with Department of Education requirements, health and physical education, including instruction about parts of the body, reproduction, and related topics, will be included in the instructional program.

Instruction must be appropriate to grade level, course of study, and development of students and must occur in a systematic manner. The Superintendent will require that faculty members who present this instruction receive continuing in-service training, which includes appropriate teaching strategies and techniques.

Parents/guardians will have the right to inspect and review health and physical instruction materials which will be made reasonably accessible to parents/guardians and others to the extent practicable.

### **Opt-Out Procedure and Form**

Parents/guardians, or students over eighteen years of age, who do not want their child to participate in a particular unit of health or sex education instruction for religious reasons or religious objections, are allowed to have their child opt-out of such instruction. Additionally, any parent who wishes to have their child opt out for non-religious reasons may still use policy IGE-Parental Objection to Specific Course Material.

Parents/guardians who wish to have their child opt-out of such instruction are required to complete the district opt-out form and state the particular unit of curriculum in which the student is not to participate. Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment sufficient to meet state requirements for health education. The alternative assignment will be provided by the health or physical education teacher in conjunction with Principal.

Parents/guardians who do not want their child to participate in a particular unit of health or physical education for religious reasons must complete a Health or Physical Education Opt-Out Form. Opt-Out Forms are available from either the health education teacher or the Principal.

Opt-out requests can be submitted at any time, and are valid only for the school year in which they are submitted.

**Legal References:** NH Code of Administrative Rules, Section Ed 306.40, Health Education Program; NH Code of Administrative Rules, Section Ed 306.41, Physical Education Program; RSA 186:00, IX-b, Health and Sex Education;

**Appendix:** IHAM-R, Health or Physical Education Opt-Out Form

Windham School Board	Policy Code: IHAM
Adopted: April 4, 2017 Reviewed by the Windham School Board Policy Committee on October 16, 2017. No changes needed.	