

HEALTH and PHYSICAL EDUCATION AND EXEMPTION FROM INSTRUCTION

The Nashua School District shall provide a comprehensive Physical Education and Health Education program for students. It is expected that all students will participate in Physical Education and Health Education classes that are required by the District. Such classes shall reflect the national and state standards in accordance with the New Hampshire School Administrative Rules.

Students may be excused from participation in Physical Education classes upon receipt of a notice from a licensed medical professional. Temporary excuses from physical education participation may be granted by the principal/designee on a daily basis. The Principal may require a written request from the parents/guardians.

Consistent with Department of Education requirements, health and physical education, including instruction about parts of the body, reproduction, and related topics such as sexually transmitted diseases (AIDS/HIV), will be included in the instructional program. Sexuality education shall include instruction relative to abstinence and sexually transmitted infections, birth control, and gender stereotyping. Topics to be covered in health classes and an anticipated order of material will be provided to students at the beginning of each new term. All instructors will be encouraged to notify all students and parents/guardians, via email and/or Google Classroom, not less than two weeks in advance of the human sexuality or sex education units being taught.

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 instruction materials, which will be made reasonably accessible to parents/guardians and others to the extent practicable. Parents/guardians who wish to review or inspect health education materials may arrange a meeting with the Principal or designee to review the materials.

Opt-Out Procedure and Form

Parents/guardians, OR students over eighteen years of age, who do not want their child/self to participate in a particular unit of health education instruction for moral or religious objections, are allowed to have their child opt-out of such instruction.

Parents/guardians who wish to have their child opt-out of such instruction are required to complete the district Health Education Exemption/Objectionable Course Material opt-out form (IHAM-R) 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 will be given an alternative assignment sufficient to meet state requirements for health education. The alternative assignment will be provided by the health education teacher in conjunction with the Principal or designee.

Opt-out requests must be submitted annually and are valid only for the specified unit during the school year in which they are submitted. Opt-out forms are available in policy IHAM-R.

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 186:11, IX-b, Health and Sex Education*

Legal References Disclaimer: These references are not intended to be considered part of this policy, nor should they be taken as a comprehensive statement of the legal basis for the Board to enact this policy, nor as a complete recitation of related legal authority. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Board Approved: 10/12/2010
 07/24/2023