

ELEMENTARY SCHOOL HEALTH EDUCATION REQUIREMENTS

Health education is an essential academic subject that teaches young people to take care of their minds, their bodies, and the people around them. Health education builds a foundation for academic success by teaching all students how to make healthy and informed decisions. This document compiles key information about New York State (NYS) standards, guidelines, requirements, New York City's (NYC) recommended curricula, and professional development opportunities.

Learning Standards and Guidance

- The three NYS learning standards for health education are: 1) Personal Health and Fitness; 2) A Safe and Healthy Environment; and 3) Resource Management. For links to State standards, see the link to the NYS curriculum and instruction website on our Health Education requirements page.
- The NYS Education Department's *A Guidance Document for Achieving the New York State Standards in Health Education* specifies the components of comprehensive health education and includes standards, specific skills, topic areas, and what students should know and be able to do by the end of elementary school. Use it to guide or check alignment of any health curriculum to the standards. To view the guide, visit www.WeTeachNYC.org.

Elementary School Health Education Requirements

- **Health Education:** While the regulations do not require a specific number of lessons, or a specific instructional time requirement, it is recommended that elementary teachers incorporate health instruction into weekly classroom instruction. The instructional requirements are delineated in the NYS Education Commissioner's Regulation Subchapter G Part 135.
- **HIV/AIDS Education:** The same NYSED regulation mandates HIV/AIDS instruction for every student, every year. NYCDOE requires and provides five lessons per year for grades K-6, using the *NYCDOE HIV/AIDS Curriculum*.

Staff Requirements

- Certified health education teachers or classroom teachers may teach health education and the HIV/AIDS lessons.

Curriculum Materials and Professional Development for NYC DOE Teachers

- **Health Education:** All NYCDOE elementary school teachers can access HealthTeacher, a web-based curriculum, at no charge. For more information, email healthed@schools.nyc.gov.
- **HIV/AIDS education:** The *NYCDOE HIV/AIDS Curriculum*, available at www.WeTeachNYC.org, is the required curriculum to teach the mandated HIV/AIDS lessons
- **Free Professional Development:** NYCDOE teachers can register for free workshops using the Office of School Wellness Programs Professional Development online catalog.
- **Materials:** NYCDOE elementary school teachers who attend health education training receive free curricula and materials. Additional Health Education materials are available at www.WeTeachNYC.org.
- **Contact us:** For more information, visit schools.nyc.gov/wellness or email HealthEd@schools.nyc.gov.