

Regulation 6143: Courses Of Study

Status: ADOPTED

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Grades 1-6

Courses of study for grades 1-6 shall include the following:

~~(cf. 6146.5 – Elementary/Middle School Graduation Requirements)~~

~~1. _____~~

1. English: knowledge and appreciation of language and literature, and the skills of speaking, reading, listening, spelling, handwriting, and composition– (Education Code 51210)

~~(cf. 6142.91 – Reading/Language Arts Instruction)~~

~~2. _____~~

2. Mathematics: concepts, operational skills, and problem solving (Education Code 51210)

~~(cf. 6142.92 – Mathematics Instruction)~~

~~3. _____~~

3. Social sciences: age-appropriate instruction drawing upon the disciplines of anthropology, economics, geography, history, political science, psychology, and sociology, including instruction in:– (Education Code 51210)

~~a. _____~~

- a. The history, resources, development, and government of California and the United States

Instruction shall include the early history of California and a study of the role and contributions of ~~men and women~~ **people of all genders**, Native Americans, African Americans, ~~Mexican~~ **Latino** Americans, Asian Americans, Pacific Islanders, European Americans, ~~lesbian, gay, bisexual, and transgender~~ **LGBTQ+** Americans, persons with disabilities, and members of other ethnic ~~and~~, cultural, **religious, and socioeconomic status** groups to the economic, political, and social development of California and the United States, with particular emphasis on portraying the role of these groups in contemporary society.– (Education Code 51204.5, 60040)

~~(cf. 6141.2 – Recognition of Religious Beliefs and Customs)~~

~~(cf. 6142.3 – Civic Education)~~

~~(cf. 6142.94 – History-Social Science Instruction)~~

~~b. _____~~

- b. The development of the American economic system, including the role of the entrepreneur and labor

~~c. _____~~

- c. The relations of persons to their human and natural environments
- d. _____
- d. Eastern and western cultures and civilizations
- e. _____
- e. Contemporary issues
- f. _____
- f. The wise use of natural resources
- (~~cf. 6142.5 - Environmental Education~~)
- 4. _____
- 4. Science: biological and physical aspects, with emphasis on experimental inquiry and the place of humans in ecological systems– (Education Code 51210)
- (~~cf. 6142.93 - Science Instruction~~)
- 5. _____
- 5. Visual and performing arts:- instruction in dance, music, theatre, and visual arts aimed at developing aesthetic appreciation and creative expression– (Education Code 51210)
- (~~cf. 6142.6 - Visual and Performing Arts Education~~)
- 6. _____
- 6. Health: principles and practices of individual, family, and community health, including instruction at the appropriate grade levels and subject areas in:- (Education Code 51202, 51210)
- a. _____
- a. Personal and public safety and accident prevention, including instruction in emergency first aid, hemorrhage control, treatment for poisoning, resuscitation techniques, and cardiopulmonary resuscitation (**CPR**) when appropriate equipment is available
- (~~cf. 6142.8 - Comprehensive Health Education~~)
- b. _____
- b. Fire prevention
- c. _____
- c. The protection and conservation of resources, including the necessity for the protection of the environment
- d. _____
- d. Venereal disease
- (~~cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction~~)
- e. _____
- e. The effects of alcohol, narcotics, drugs, and tobacco upon the human body
- (~~cf. 5131.6 - Alcohol and Other Drugs~~)

f. —

- f. Violence as a public health issue

7. —

- g. **Mental Health, that provides for reasonably designed instruction on the overarching themes and core principles of mental health, which includes: (Education Code 51925)**

- i. **Defining the signs and symptoms of common mental health challenges**
- ii. **Explaining evidence-based services and supports that effectively help individuals manage mental health challenges**
- iii. **Promoting mental health wellness and protective factors, including positive development, social and cultural connectedness and supportive relationships, resiliency, problem solving skills, coping skills, self-esteem, and a positive school and home environment in which students feel comfortable**
- iv. **Identifying warning signs of common mental health problems in order to promote awareness and early intervention so that students know to take action before a situation turns into a crisis, including how to obtain assistance from the district or the community for themselves or others and evidence-based and culturally responsive practices that are proven to help overcome mental health challenges**
- v. **Connecting the importance of mental health to overall health and academic success and to co-occurring conditions, such as chronic physical conditions, chemical dependence, and substance abuse**
- vi. **Conveying an awareness and appreciation about the prevalence of mental health challenges across all populations, races, ethnicities, and socioeconomic statuses, including the impact of race, ethnicity, and culture on the experience and treatment of mental health challenges**
- vii. **Understanding the stigma surrounding mental health challenges and what can be done to overcome stigma, increase awareness, and promote acceptance, including, to the extent possible, classroom presentations of narratives by trained peers and other individuals who have experienced mental health challenges and how they coped with their situations, including how they sought help and acceptance**

Mental health instruction offered by the district shall: (Education Code 51926)

1. **Be appropriate for use with students of all races, genders, sexual orientations, ethnic and cultural backgrounds, students with disabilities, and English learners**
2. **Be accessible to students with disabilities, including, but not limited to, providing a modified curriculum, materials, and instruction in alternative formats, and auxiliary aids**

3. Not reflect or promote bias against any person on the basis of any category protected by Education Code 220
4. Be coordinated with any existing on-campus mental health providers including, but not limited to, providers with a pupil personnel services credential, who may be immediately called upon by students for assistance

Students receiving mental health instruction shall not be required to disclose their confidential health or mental health information at any time in the course of receiving the instruction. (Education Code 51927)

7. Physical education;: with emphasis on physical activities conducive to health and vigor of body and mind—(Education Code 51210)

(cf. 6142.7 - Physical Education and Activity)

8. —

8. Violence awareness and prevention

9. —

9. Career awareness exploration

(cf. 6178 - Career Technical Education)

Grades 7-12

Courses of study for grades 7-12 shall include the following:

(cf. 6146.1 - High School Graduation Requirements)

(cf. 6146.5 - Elementary/Middle School Graduation Requirements)

1. — English:

1. **English:** knowledge and appreciation of literature, language, and composition, and the skills of reading, listening, and speaking— (Education Code 51220)

(cf. 6142.91 - Reading/Language Arts Instruction)

2. —

2. Social sciences: age-appropriate instruction drawing upon the disciplines of anthropology, economics, geography, history, political science, psychology, and sociology, with instruction in:— (Education Code 51220)

a. —

- a. The history, resources, development, and government of California and the United States, including instruction in:

(1) —

- i. The early history of California and a study of the role and contributions of ~~both men and women~~ **people of all genders**, Native Americans, African Americans, ~~Mexican~~ **Latino** Americans, Asian Americans, Pacific Islanders, European Americans, ~~lesbian, gay, bisexual, and transgender~~ **LGBTQ+** Americans, persons with disabilities, and members of other ethnic ~~and~~, cultural, **religious, and socioeconomic status** groups to the economic, political, and social development of California and the United States, with particular emphasis on portraying the role of these groups in contemporary society— (Education Code 51204.5)

~~(2)~~ —, **60040**)

- ii. World War II, including the role of Americans and Filipino Americans who served in the United States Army during that time

~~(3)~~ —

- iii. The Vietnam War, including the "Secret War" in Laos and role of Southeast Asians in that war

~~(4)~~ —

- iv. The Bracero program, in which there was a 1942 agreement between the United States and Mexico authorizing the temporary migration of laborers to the United States

~~b.~~ —

- b. The American legal system, the operation of the juvenile and adult criminal justice systems, and the rights and duties of citizens under the criminal and civil law and the state and federal constitutions

This course may include participation in a teen court or peer court program.— (Education Code 51220.2)

~~(cf. 5138 - Conflict Resolution/Peer Mediation)~~

~~c.~~ —

- c. The development of the American economic system, including the role of the entrepreneur and labor

~~d.~~ —

- d. The relations of persons to their human and natural environments, including the wise use of natural resources (Education Code 51221)

~~(cf. 6142.5 - Environmental Education)~~

~~e.~~ —

- e. Eastern and western cultures and civilizations

~~f.~~ —

- f. Human rights issues, with particular attention to the study of the inhumanity of genocide~~-,~~ which may include, but is not limited to, the Armenian, Cambodian, Darfur, and Rwandan genocides~~),~~, slavery, and the Holocaust

~~g.~~ —

g. Contemporary issues

~~(cf. 6141.2 - Recognition of Religious Beliefs and Customs)~~
~~(cf. 6142.3 - Civic Education)~~
~~(cf. 6142.94 - History-Social Science Instruction)~~

~~3.——~~

3. World language(s): understanding, speaking, reading, and writing, beginning not later than grade 7– (Education Code 51220)

~~(cf. 6142.2 - World Language Instruction)~~

~~4.——~~

4. Physical education: with emphasis on physical activities conducive to health and vigor of body and mind, as required by Education Code 51222– (Education Code 51220)

~~(cf. 6142.7 - Physical Education and Activity)~~

~~5.——~~

5. Science: physical and biological aspects; emphasis on basic concepts, theories, and processes of scientific investigation and on the place of humans in ecological systems; appropriate applications of the interrelation and interdependence of the sciences (Education Code 51220)

~~(cf. 6142.93 - Science Instruction)~~

~~6.——~~

6. Mathematics: mathematical understandings, operational skills, and problem-solving procedures; algebra– (Education Code 51220, 51224.5)

~~(cf. 6142.92 - Mathematics Instruction)~~

~~7.——~~

7. Visual and performing arts:- dance, music, theatre, and visual arts, with emphasis upon development of aesthetic appreciation and creative expression– (Education Code 51220)

~~(cf. 6142.6 - Visual and Performing Arts Education)~~

~~8.——~~

8. Applied arts:- consumer education, family and consumer sciences education, industrial arts, general business education, or general agriculture– (Education Code 51220)

~~9.——~~

9. Career technical/vocational-technical education:- in the occupations and in the numbers appropriate to the personnel needs of the state and community served and relevant to the career desires and needs of students– (Education Code 51220)

~~(cf. 6178 - Career Technical Education)~~

~~10.——~~

10. Comprehensive sexual health and HIV prevention– (Education Code 51225.36, 51934)

~~(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Instruction)~~

~~11.——~~

11. Personal and public safety, accident prevention and health, including instruction in:— (Education Code 51202, 51203)

~~a. —~~

- a. Emergency first aid, hemorrhage control, treatment for poisoning, resuscitation techniques, and ~~cardiopulmonary resuscitation (CPR)~~ when appropriate equipment is available

Instruction shall be provided in compression-only CPR based on national guidelines and shall include hands-on practice.— (Education Code 51225.6)

~~b. —~~

- b. Fire prevention

~~c. —~~

- c. The protection and conservation of resources, including the necessity for the protection of the environment

~~d. —~~

- d. Venereal disease

~~e. —~~

- e. The effects of alcohol, narcotics, drugs, and tobacco upon the human body

~~(cf. 5131.6 – Alcohol and Other Drugs)~~

~~(cf. 6142.8 – Comprehensive Health Education)~~

~~f. —~~

- f. Prenatal care

~~g. — for pregnant individuals~~

- g. Violence as a public health issue

~~12. —~~

- h. **Mental Health, that provides for reasonably designed instruction on the overarching themes and core principles of mental health, which includes: (Education Code 51925)**

- i. **Defining the signs and symptoms of common mental health challenges**

- ii. **Explaining evidence-based services and supports that effectively help individuals manage mental health challenges**

- iii. **Promoting mental health wellness and protective factors, including positive development, social and cultural connectedness and supportive relationships, resiliency, problem solving skills, coping skills, self-esteem, and a positive school and home environment in which students feel comfortable**

- iv. **Identifying warning signs of common mental health problems in order to promote awareness and early intervention so that students know to take action before a situation turns into a crisis, including how to obtain assistance from the district or the community for themselves or others and**

evidence-based and culturally responsive practices that are proven to help overcome mental health challenges

- v. Connecting the importance of mental health to overall health and academic success and to co-occurring conditions, such as chronic physical conditions, chemical dependence, and substance abuse
- vi. Conveying an awareness and appreciation about the prevalence of mental health challenges across all populations, races, ethnicities, and socioeconomic statuses, including the impact of race, ethnicity, and culture on the experience and treatment of mental health challenges
- vii. Understanding the stigma surrounding mental health challenges and what can be done to overcome stigma, increase awareness, and promote acceptance, including, to the extent possible, classroom presentations of narratives by trained peers and other individuals who have experienced mental health challenges and how they coped with their situations, including how they sought help and acceptance

Mental health instruction offered by the district shall: (Education Code 51926)

1. Be appropriate for use with students of all races, genders, sexual orientations, ethnic and cultural backgrounds, students with disabilities, and English learners
2. Be accessible to students with disabilities, including, but not limited to, providing a modified curriculum, materials, and instruction in alternative formats, and auxiliary aids
3. Not reflect or promote bias against any person on the basis of any category protected by Education Code 220
4. Be coordinated with any existing on-campus mental health providers including, but not limited to, providers with a pupil personnel services credential, who may be immediately called upon by students for assistance

Students receiving mental health instruction shall not be required to disclose their confidential health or mental health information at any time in the course of receiving the instruction. (Education Code 51927)

12. Violence awareness and prevention

~~13.~~

13. Ethnic studies

Commencing in the 2025-26 school year, the district shall offer a one-semester course in ethnic studies

In addition, the course of study for grade 7 and/or 8 may include parenting skills and education, including, but not limited to, child growth and development, parental responsibilities, household budgeting, child abuse and neglect issues, personal hygiene, maintenance of healthy relationships, teen parenting issues, and self-esteem.— (Education Code 51220.5)

(cf. 5146 – Married/Pregnant/Parenting Students)

High schools shall offer automobile driver education that includes instruction in:– (Education Code 51220, 51220.1, 51220.4)

1.——

1. Vehicle Code provisions and other relevant state laws

2.——

2. Proper acceptance of personal responsibility in traffic

3.——

3. Appreciation of the causes, seriousness, and consequences of traffic accidents

4.——

4. Knowledge and attitudes necessary for the safe operation of motor vehicles

5.——

5. The safe operation of motorcycles

6.——

6. The dangers involved in consuming alcohol or drugs in connection with the operation of a motor vehicle

7.——

7. The rights and duties of a motorist as they pertain to pedestrians and the rights and duties of pedestrians as they pertain to traffic laws and traffic safety

Certification of College Preparatory Courses

The Superintendent ~~Chief Learning Officer~~ or designee shall identify district courses that may qualify for designation as "a-gA-G" college preparatory courses, including courses in history-social science, English, mathematics, laboratory science, languages other than English, visual and performing arts, career technical education, and college preparatory electives. The Superintendent ~~Chief Learning Officer~~ or designee shall submit any necessary information regarding each identified course to the University of California (UC) for "a-gA-G" designation.

Notification and Information to Students in Grades 9-12

At the beginning of each school year, the Superintendent ~~Chief Learning Officer~~ or designee shall provide written notice to parents/guardians of students in grades 9-12 that, to the extent possible, shall not exceed one page in length and that includes all of the following:– (Education Code 51229)

1.——

1. A brief explanation of the course requirements for admission to UC and the ~~California State University (CSU)~~

2.——

2. A list of the current UC and CSU ~~web sites~~**websites** that help students and their families learn about college admission requirements and that list high school courses that have been certified by UC as satisfying the requirements for admission to UC and CSU
- ~~3. _____~~
3. A brief description of what career technical education is, as defined by the California Department of Education (CDE)
- ~~4. _____~~
4. The Internet address for the portion of ~~the CDE web site~~**CDE's website** where students can learn more about career technical education
- ~~5. _____~~
5. Information about how students may meet with school counselors to help them choose courses that will meet college admission requirements and/or enroll in career technical education courses

The Superintendent ~~Chief Learning Officer~~ or designee shall provide information to students and parents/guardians regarding the completion and submission of the Free Application for Federal Student Aid (FAFSA) and/or the **California Dream Act application**~~Application (CADAA)~~ at least once before grade 12.– (Education Code 51225.8)

-Financial Aid Requirements for Students in Grade 12

The Superintendent or designee shall ensure that each student in grade 12 completes and submits a FAFSA to the U.S. Department of Education or, if a student is exempt from paying nonresident tuition, a CADAA to the Student Aid Commission (CSAC), unless either: (Education Code 51225.7)

1. The student's parent/guardian, emancipated minor, or student age 18 years or older submits an opt-out form to the district
2. If the district determines that a student is unable to complete a requirement of Education Code 51225.7, the district shall exempt the student or the student's parent/guardian from completing the FAFSA, CADAA, or opt-out form and shall complete and submit an opt-out form on the student's behalf

The Superintendent or designee shall ensure that each high school student in grade 12, and if applicable, the student's parent/guardian, be directed to any support and assistance necessary to complete the FAFSA and/or CADAA that may be available through outreach programs, including, but not limited to, programs operated by CSAC, postsecondary immigration resource centers, college readiness organizations, community-based organizations, and/or legal resource organizations. (Education Code 51225.7)

Information shared by students and parents/guardians in completing and submitting the FAFSA and/or CADAA shall be handled in compliance with the federal Family Rights and Privacy Act and applicable state law, regardless of any person's immigration status or other personal information. (Education Code 51225.7)