



## State School Health Policy Database

### Alaska

#### Coordination/Implementation

##### Coordinating or Advisory Councils

*State-level:* No state policy.

*Local-level:* No state policy.

##### School Health Program Coordinators

*State-level:* Statute 14.30.360 (1998) requires the establishment of a school health education specialist position funded by the department to coordinate the health and personal safety education program statewide.

*Local-level:* No state policy.

##### Confidentiality

*Student Health-Related Records:* 04 AAC 07.060 (2002) requires all district policies and practices regarding a student's cumulative record, which includes health records, to conform to current and appropriate state and federal laws and regulations.

*Student Health-Related Services:* No state policy.

##### Limitations on Student Surveys

Statute 14.03.110 (1999) prohibits a school district from administering a questionnaire or survey “that inquires into personal or private family affairs of the student” without written permission from the student’s parent or guardian.

#### Curriculum and Instruction

##### Health Education

*Mandate:* Health education is not a required course for students. However, 04 AAC 06.075 (2005) requires students to complete a 1 credit of either health or physical education in order to graduate from high school. Statute 14.30.360 (1998) encourages each school district to implement a K-12 program in health education.

*Curriculum Content:* While health education is not a required course, the state has adopted standards for what students should be able to learn and know. The State Board formally adopted content standards, Skills for a Healthy Life, per 04 AAC 04.140 (2005).

*State Assessment Requirement:* None.

##### Physical Education

*Mandate:* Physical education is not a required course for students. However, 04 AAC 06.075 (2005) requires students to complete a 1 credit of either health or physical education in order to graduate from high school. Statute 14.30.360 (1998) encourages each school district to implement a K-12 program in health education, which should include instruction in physical education.

*Exemptions:* None specified.

**Curriculum Content:** The state has adopted standards for what students should be able to learn and know which includes knowledge and skills related to physical fitness and an understanding of how the human body is affected by behaviors related to physical fitness. The State Board formally adopted content standards, Skills for a Healthy Life, per 04 AAC 04.140 (2005).

**Physical Fitness Assessment:** None.

Asthma Awareness Education

Not specifically required.

Emotional, Social, and Mental Health Education

Not specifically required.

**Character Education:** Not specifically required.

HIV, STD, and Pregnancy Prevention Education

**Mandate:** Not specifically required.

**Curriculum Content:** The state recommends that schools follow the standards outlined in Skills for a Healthy Life (1999). The standards call for students to understand the physical and behavioral characteristics of human sexual development and maturity.

Nutrition Education

Although nutrition education is not required, the state has adopted standards, Skills for a Healthy Life (1999), for what students should be able to learn and know, which includes understanding how the human body is affected by behaviors related to eating habits.

Alcohol, Tobacco, and Drug Use Education

**Alcohol:** While not specifically required, the State Board has adopted content standards in Skills for a Healthy Life (1999) that recommend students learn how to understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions".

**Tobacco:** While not specifically required, the State Board has adopted content standards in Skills for a Healthy Life that recommend students learn how to understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions".

**Drugs:** While not specifically required, the State Board has adopted content standards in Skills for a Healthy Life that recommend students learn how to understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions".

Injury and Violence Prevention Education

Statute 14.30.360 (1998) encourages districts to conduct a program in health education for grades K-12, which shall include instruction in personal safety, including sexual abuse and domestic violence. Further, the statute calls for the state board to establish guidelines in consultation with the Council on Domestic Violence and Sexual Assault.

**Bullying/Harassment:** Not specifically required.

**Fighting/Gangs:** While not specifically required, the State Board has adopted content standards in Skills for a Healthy Life (1999) that recommend students learn conflict resolution skills.

**Suicide and Other Self-Abuse Prevention:** While not specifically required, the State Board has adopted content standards in Skills for a Healthy Life that recommend students learn how to "recognize patterns of abuse directed at self or others and understand how to break these patterns".

## Staff

### Requirements for All Educators Regarding Health Education

**Professional Development:** Statute 14.33.100 (1999) requires each district to develop a model school crisis response plan for use by each school. Each school shall then develop their own specific crisis response plan. The plans should also include annual training for district employees and should be developed in consultation with local social service agencies and local law enforcement authorities. Statute 14.20.680 (1990) requires each school district to provide each teacher, administrator, counselor, and specialist training on the needs of students with alcohol or drug-related disabilities.

### Requirements for Health Educators

**Pre-service Requirement:** The minimum degree requirement for prospective health teachers in elementary, middle, and high school grades prior to licensure is a bachelor's degree with a major or minor consisting of 18 semester hours in the content or specialty area of endorsement. The specific details of initial licensure are outlined in Statute 14.20.020 (2002) and 04 AAC 12.395. For prospective health teachers in middle or high school, a candidate is required to have a major or minor in a subject area or a minimum of five years experience in the subject matter, in addition to a bachelor's degree. The specific details of licensure are outlined in Statute 14.20.022 (2002).

**Professional Development:** None specified.

### Requirements for Physical Educators

**Pre-service Requirement:** None specified.

**Professional Development Requirement:** None specified.

### Requirements for School Nurses

**Pre-service Requirement:** 04 AAC 12.355 (1995) requires the completion of a program in a special services area from an accredited institution, the possession of a bachelor's degree, and the completion of six semester hours of credit in the past five years prior to applying in order to receive a Type C Special Services Temporary Certificate. School nurses are also required to take the Alaska Studies and Alaska Multi-Cultural Studies coursework according to the code.

**Professional Development:** None specified.

**Student-to-Nurse Ratio:** None specified.

### Requirements for Non-Certified Personnel to Administer Medication

**Pre-service Requirement:** None specified.

**Professional Development Requirement:** None specified.

### Requirements for School Counselors

**Pre-service Requirement:** 04 AAC 12.365 (1995) requires that anyone employed to provide related services including school psychology must possess an initial, professional or master teacher certificate issued under 04 AAC 12.305 (2005) or a Type C (special services) certificate in the field of employment, issued under 04AAC 12.355 (2005). 04 AAC 12.305 (2005) outlines the requirements of a bachelor's degree, recommendation by the preparing institution, completion of a teacher education program, and completion of 3 semester hours of Alaska studies and 3 semester hours in multicultural education or cross-cultural communications. 04AAC 12.355 (2005) requires that applicant must complete a program in the special services area, possess a bachelor's degree, recommendation by the preparing institution, three semester hours in Alaska studies and three semester hours in cross-cultural or multicultural education.

**Professional Development:** None specified.

**Student-to-Counselor Ratio:** None specified.

### Requirements for School Psychologists

**Pre-service Requirement:** 04 AAC 12.365 (1995) requires that anyone employed to provide related services including school psychology must possess an initial, professional or master teacher certificate issued under 04 AAC 12.305 (2005) or a Type C (special services) certificate in the field of employment, issued under 04AAC 12.355 (2005). 04 AAC 12.305 (2005) outlines the requirements of a bachelor's degree, recommendation by the preparing institution, completion of a teacher education program, and completion of 3 semester hours of Alaska studies and 3 semester hours in multicultural education or cross-cultural communications. 04AAC 12.355 (2005) requires that applicant must complete a program in the special services area, possess a bachelor's degree, recommendation by the preparing institution, three semester hours in Alaska studies and three semester hours in cross-cultural or multicultural education. For endorsement in school psychology, the applicant must hold a master's degree in school psychology, be recommended for endorsement by the preparing institution, and completed a 1200 hour internship in school psychology, of which 600 hours must be completed on-site in preschool or K-12 programs OR be a nationally certified school psychologist. Details are provided in 04 AAC 12.395(2001).

**Professional Development:** 04 AAC 12.355 (1995) allows the special services endorsement for school psychology to be renewed if an applicant provides evidence of completion in at least 90 contact hours in assessment, evaluation, intervention, program planning, program development, or staff or program administration in the listed venues.

**Student-to-Psychologist Ratio:** None specified.

### Requirements for School Social Workers

**Pre-service Requirement:** 04 AAC 12.041 (1995) requires anyone employed to provide related services in school psychology must possess a Type A certificate endorsed in the field of employment or a Type C certificate in the field of employment. 04 AAC 12.020 (2002) outlines the requirements of a bachelor's degree, recommendation by the preparing institution, completion of a teacher education program, and completion of 3 semester hours of Alaska studies and 3 semester hours in multicultural education or cross-cultural communications for a Type A certificate. 04 AAC 12.040 (1995) requires An applicant must complete a program in the special services area, possess a bachelor's degree, and is recommended by the preparing institution for a Type C special services certificate.

**Professional Development Requirement:** None specified.

**Student-to-Social Worker Ratio:** None specified.

### Requirements for Food Service Personnel

**Pre-service Requirement:** None specified.

**Professional Development Requirement:** None specified.

### Requirements for Athletic Coaches

**Pre-service Requirement:** None specified.

**Professional Development Requirement:** None specified.

# Health Promoting Environment

## Wellness Policies

**Additional Accountability Requirements:** None.

**Additional Content Requirements:** None

**Guidance Materials:** The Alaska School Wellness Policy Toolkit (2006), developed by the state department of health and social services, is a comprehensive guidance document for the creation and implementation of local wellness policies.

**Other:** None.

## School Meals Program

**Food Services:** No state policy.

**School Breakfast:** No state policy.

**Food Allergies:** No state policy.

**Farm-to-School:** No state policy.

## School Food Environment

**Vending Machines/School Stores:** No state policy.

**Other Food Sales:** No state policy.

**School Gardening:** No State Policy

## Physical Activity Other Than Physical Education

**Interscholastic Athletics:** Statute 14.18.040 (1981) requires equal opportunity for both sexes in athletics and recreation. Separate school-sponsored teams may be provided for each sex, however, equipment and supplies, services, and opportunities shall be provided to both teams with no disparities.

**Recess:** No state policy requiring or recommending.

**Walking/Biking to School:** No state policy

## Safe and Drug-Free Schools

Statute 14.33.120 (2001) requires each governing body to adopt a written school disciplinary and safety program that must include standards for and related to student behavior and safety policies. The program must also contain procedures for periodic review and revision of the program. The purpose of a school disciplinary and safety program is found in Statute 14.33.110 (2000).

Statute 14.30.045 (1995) allows a child to be suspended from or denied admission to a public school for behavior that is "inimicable to the welfare, safety, or morals of other pupils or a person employed or volunteering at the school."

Statute 14.33.140 (2000) exempts any teacher, teacher's assistant, a principal, or another person responsible for students from civil damages resulting in the enforcement of the approved school disciplinary and safety program.

**Fighting/Gangs:** Statute 14.33.120 requires each governing body to adopt a written school disciplinary and safety program that must include procedures for implementing a student conflict resolution strategy.

**Weapons:** No state policy.

**Drugs and Alcohol:** No state policy.

**Collaboration with Law Enforcement:** Statute 14.33.050 (1974) allows the department or a school board to request assistance in the training and control of safety patrols from the state troopers or the police department.

Statute 14.33.130 (2000) requires any teacher or another person responsible for students observes a student committing a crime, the teacher shall report the crime to the local law enforcement agency.

Statute 14.33.100 (1999) requires each district to develop a model school crisis response plan in consultation with local social service agencies and local law enforcement authorities.

### Bullying, Harassment and Hazing

**Bullying/Harassment:** Statute 14.33.200 (2006) requires the Department of Education to provide a model policy for harassment, intimidation and bullying to school districts. Based on this, districts are required to adopt a policy on harassment, intimidation and bullying by July 1, 2007 and share the policy with parents or guardians, students, volunteers and school employees. Statute 14.33.210 (2006) requires each school district to report all incidences involving harassment, intimidation or bullying to the Department of Education, which will then report it to the state legislature. Statute 14.33.220 states that a school employee, student or volunteer may not engage in reprisal, retaliation, or false accusation against a victim or a witness. It also encourages reporting of any harassment incidences to the appropriate school official. Statute 14.33.230 (2006) provides immunity to any school employee, student or volunteer who promptly reports an incident of harassment, intimidation or bullying to an appropriate school official.

**Cyberbullying:** No state policy.

**Hazing:** No state policy.

### Crisis Management/Emergency Response

**Response and Management Plans:** Statute 14.33.100 (1999) requires each district to develop a model school crisis response plan for use by each school. Each school shall then develop their own specific crisis response plan and form a crisis response team consisting of, at a minimum, a principal, a certified member of the school staff, and one parent of a child attending the school. The plans should also include annual training for district employees and should be developed in consultation with local social service agencies and local law enforcement authorities.

**Reporting Incidents of Violence:** Statute 14.33.120 (2001) requires each governing body to have policies for reporting conflicts. This statute also requires districts to report information related to incidents of disruptive or violent behavior to the department. Additionally, Statute 14.33.130 (2000) requires any teacher or another person responsible for students who receives information about a student that may affect the safety of students or staff to notify the student's teacher or school administrator, and if a student is observed committing a crime, the teacher shall report the crime to the local law enforcement agency. Statute 14.33.140 (2000) exempts any teacher or any other person responsible for students from any liability for civil damages resulting from the enforcement of an approved school disciplinary and safety program unless actions constitute gross negligence or reckless or intentional misconduct.

### Tobacco Use

Statute 18.35.305 (1990) prohibits any form of smoking in a public or private elementary or secondary school. Similarly, Statute 18.35.320 (1990) allows designated indoor or outdoor smoking areas that are properly ventilated or equipped with an exhaust fan in a public elementary or secondary school room where minors are not permitted. Statute 18.35.330 (1990) requires the displaying of smoking and no smoking signs.

### Air Quality

No state policy.

### Pesticide Use

18 AAC 90.625 (2002) requires the use of non-chemical methods to control pests and a minimum of 24 hours notification to parents or guardians of children stating the description of the area of pesticide application, the date and approximate time of application, the name of each pesticide used, the targeted pests, each active ingredient in the pesticide, the EPA registration number, and a contact telephone number on the label and at the school. The code also requires an 8 ½ x 11 inch sign to be posted in the area of the school where the pesticide is to be applied before starting the application.

### Playground/Facility Safety

No state policy.

## Student Services

### Screening for Health Conditions

**Vision and Hearing:** Statute 14.30.127 (1982) requires a vision and hearing screening examination to be given to each child entering the school system, or soon thereafter, and at regular intervals specified by the district. The Department of Health and Social Services must set standards for the examination, train and certify public health nurses and school employees to administer the examination, assist with referring students who may need professional services, and assist with the maintenance and repair of the screening equipment.

**Chronic Health Conditions:** No state policy.

**Body Mass Index (BMI) Screening:** No state policy.

**Drugs:** No state policy.

### Administration of Medications

**Staff Administration:** No state policy.

**Self-Administration:** Statute 14.30.141, per HB 85, (2005) permits public school students to self-administer medication for asthma or anaphylaxis during the school day if the parent/guardian of the student provides written authorization for the self-administration of medication and releases liability for the school and its employees for any injury resulting from self-administration, and if written certification is provided by the student's health care provider. The law further allows those students self-administering medication to carry and store an inhaler or an autoinjectable epinephrine, or both, at all times.

**Psychotropic Medications:** No state policy.

**Storage and Record-keeping:** No state policy.

### Counseling and Mental Health Services

**Requirement to Provide Services:** Statute 14.18.030 (1981) requires public education to make available guidance and counseling services to all students equally. Statute 14.33.120 (2001) requires each governing body to adopt a written school disciplinary and safety program that must include standards to address mental health needs of students.

**Identification of Students with Mental or Emotional Disorders:** No state policy.

**Substance Abuse:** Statute 14.33.120 requires each governing body to adopt a written school disciplinary and safety program that must include standards to address substance abuse needs of students, which may be contributing to noncompliance.

**Suicide Prevention:** No state policy.

**HIV, STD, and Pregnancy Testing and Counseling:** No state policy.

**Immunity of Liability:** No state policy.

### Immunization

Detailed, current information about immunization requirements by state is maintained by the National Network for Immunization Information. Select your state from the drop down box under Search for State Vaccine Requirements for School Entry."

**Exemptions:** 04 AAC 06.055 (2000) allows for exemption from immunization requirements under the following circumstances: (1) The child presents a statement signed by a doctor of medicine or osteopathy, physician assistant, or advanced nurse practitioner, stating that immunizations would, in that individual's professional opinion, be injurious to the health of the child or members of the child's family or household, or (2) The child presents an affidavit signed by his parent or guardian affirming that immunization conflicts with the tenets and practices of the church or religious denomination of which the applicant is a member.

### Accommodation

#### Staff with HIV

04 AAC 06.140 (2002) states that no employee of a public school district may be transferred, suspended, or terminated from employment because the employee has HIV or AIDS. The employee could, however, be transferred, suspended, or terminated if unable to perform the duties of the job in a competent manner or if oozing lesions are visible or other symptoms that increase the risk of transmission of HIV to students or other staff.

#### Students with HIV

04 AAC 06.060 (1995) guarantees the attendance of a student with HIV or AIDS "unless the child has uncoverable oozing lesions or other symptoms, or displays behavior, such as biting, which in the opinion of a team made up of the child's physician, public health personnel, the child's parent or guardian, and school personnel associated with the child's educational placement, substantially increases the risk of transmission of HIV to other pupils."

#### Pregnant or Parenting Students

No state policy.

#### Individual Health Plan for Students

04 AAC 07.060 (2002) requires each school to maintain a cumulative record for each student that contains documentation of required immunizations and physical examinations and other health-related matters required by state law or district policy.

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