



Lufkin Independent School District Coordinated School Health Program

Lufkin ISD provides a Coordinated School Health Program to K-12 students. Lufkin ISD currently embeds the sequence of learning below through health lessons in K-5 PE classes and secondary health classes. In addition, specific 4th and 5th grade TEKS are delivered through counselors and nurses.

Grade Levels	Content / TEKS (Texas Essential Knowledge and Skills)	When / How Taught	Instructor(s)	Parent Consent	Additional Information
Kinder-3	TEA Health TEKS are followed PE Classes	PE-weekly Lesson	PE Teachers	No	
4th Grade	TEA Health TEKS are followed through PE Classes <ul style="list-style-type: none"> For maturation and hygiene, girls and boys are taught separately and parent permission is required 	PE-weekly lesson with maturation and hygiene through nurse	PE Teacher Campus Nurse	Yes	One lesson with the campus nurse for hygiene and maturation
5 th Grade	TEA Health TEKS are followed through PE Classes <ul style="list-style-type: none"> For puberty, girls and boys are taught separately Personal safety, limits and boundaries Parent Permission required for both 	PE-weekly lesson with puberty and safety through nurse/counselor	Puberty- Nurse Safety-Counselors	Yes	One lesson with the nurse for puberty and with the counselor for safety
Middle School	TEA Health TEKS are taught through a health course in which students are enrolled in girls and boys health classes separately <ul style="list-style-type: none"> Safety and human sexuality require parent permission 	Health Class	Goodheart-Willcox Health Skills for Middle School	Yes	Health Class
High School	TEA Health TEKS are taught through a health course <ul style="list-style-type: none"> Safety and human sexuality require a parent permission 	Health Class	Goodheart-Willcox Health Skills for High School	Yes	Health Class

To access the Health TEKS through TEA [click here](#).