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Superintendent of Schools

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To: Parents/Guardians

As we move into the 2<sup>nd</sup> Quarter, students in Physical Education will be moving into Health Education. Students will participate in standards-based, grade-level appropriate health education lessons. Topics include mental health, nutrition, substance abuse prevention, violence prevention, human growth and development, and disease prevention.

The CCPS Health Education curriculum is in alignment with National and State education standards and includes units to help prevent risky behaviors and promote healthy decision making by our students. Health education lessons are designed to equip students with the necessary skills to adopt health enhancing behaviors that allow them to live healthy, happy, and productive lives. In 7<sup>th</sup> grade Health, students will be engaged in content pertaining to Nutrition, Alcohol, Healthy Relationships, Human Sexuality, and the Reproductive System. During 8<sup>th</sup> grade Health, the content covered develops student knowledge in Stress Management; Depression; Suicide; Consent; Tobacco/ENDS, Opioid, Stimulant, Hallucinogenic, and Depressant Drugs; Addiction, Abstinence; STD's/HIV; and Pregnancy Prevention.

The goal of each unit is to create health-literate individuals by providing students with the necessary knowledge and skills to make appropriate health-enhancing decisions regarding their short- and long-term health. Each lesson provides an opportunity for students to understand the content while developing individual life skills such as decision-making, goal setting, refusal skills, self-management, effective communication, analyzing peer and media influence, and advocacy.

Your child's school has a copy of the CCPS Health curriculum should you wish to review it. A Maryland State Education bylaw gives parents and guardians the right to excuse their child from family life units upon written request to the school. The local school shall provide other worthwhile, health-related learning activities for students who may be excused from certain parts of the family life curriculum. Should you, as parents or guardians, have questions, please feel free to contact your child's teacher or school administrator.

Sincerely,

*Britta Sparks*

Britta Sparks  
Supervisor of Instruction in Health/PE

Please sign and return this form to your child's teacher if you wish to schedule a time to visit the school to review the Family Life Health Education Curriculum.

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Teacher and Period

A or B  
(Circle One)

\_\_\_\_\_  
Name of Parent

\_\_\_\_\_  
Parent Contact Number

\_\_\_\_\_  
Date