

# **ATTENTION**

## **PRINCIPAL AND SECRETARY**

**Enclosed are the**

**PARENT NOTIFICATION LETTERS**

**FOR**

**COMPREHENSIVE HEALTH EDUCATION**

**TO BE**

**DISTRIBUTED**

***AS SOON AS POSSIBLE***

**Refer to 8/29/01 WAD # 19 (Elementary)**

**and #20 (Middle School)**

**for more information**

**and**

**for Guidelines and List of Approved Speakers**

**(Office/Health Advocate/Health Liaison**

**should keep a copy of a complete set of letters)**

Dear Parent/Caregiver:

**Health Education** is part of the required instructional program at all grade levels in San Francisco schools. The goals of health education are to supplement and reinforce discussions about health in the home and to facilitate better communication between youth and adults in their family and community.

In **Kindergarten**, health education lessons focus on: safety and injury prevention concepts, including getting to and from school safely and fire drills; differences among people that make one special and unique, respecting other people's feelings, how to handle feelings and distinguishing between good and bad touches; the five senses and personal health, hand washing, protecting the skin and dental care; nutrition, the food groups and healthy breakfast choices; poisons, medicines and other dangerous substances; decision making and health habits; families, family customs and responsibilities.

All San Francisco elementary schools commemorate **World AIDS Day** (December 1st) with age-appropriate activities, including food drives, letters to people infected with HIV, and HIV prevention lessons. Students may also attend a theatrical performance, "Get Real, Too," about HIV infection and AIDS.

**Copies of curriculum materials and videos that will be used are available for your review at the school site.**

A student may be excused from any part of the health education program which conflicts with religious, moral, or personal convictions. **If you wish to exclude your child from any portion of the instruction, please make your request in writing to the classroom teacher.** These requests are valid for the entire school year.

Sincerely,

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In **Grade 1**, health education lessons focus on: self-awareness, emphasizing that each person is unique and special; the importance of families, acknowledging the diversity of families and identifying special attributes of one's family; daily health habits with an emphasis on dental health and healthy food; understanding communicable and noncommunicable diseases, avoiding the spread of communicable diseases, including HIV; a variety of safety topics including bus, pedestrian and personal safety; helpful and harmful substances including poisons, medicines and gateway drugs, including tobacco; roles that health personnel play in helping people stay well and avoid illness; the roles health personnel and environmental helpers play in helping people stay well and avoid illness.

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In **Grade 2**, health education lessons focus on: communication skills, including communicating about feelings, body language and ways to handle strong feelings; extending communication concepts to family relationships, how family members help each other, coping with family change and lessons on growth and development; daily health habits and the importance of exercise and nutritious food to keep the body healthy; communicating with medical and health personnel to maintain health; simple self-care procedures to use when one is slightly ill or have a minor injury; how disease is transmitted; early knowledge of alcohol, developing refusal skills and suggestions for safe leisure activities; emergency procedures, including fire safety; conflict resolution; a critical view of advertising, including children's TV advertisements and tobacco advertisements.

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In **Grade 3**, health education lessons focus on: learning to apply the decision-making process to choices one makes in daily life; learning to work and get along with others emphasizing cooperation and consideration, recognizing dangerous situations and practicing refusal skills; staying healthy, information and decision-making practice in the areas of fitness, rest, nutrition and disease prevention; personal safety around the home and in the car; decisions about medicine and dangerous drugs, with an emphasis on the dangers of tobacco use; making safe decisions about bicycling, including wearing a helmet; topics of pollution and protection of the environment.

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In **Grade 4**, health education lessons focus on: skills needed to make healthy choices, including decision making, choosing friends, resisting peer pressure and learning to say no without losing friends; personal health and nutrition; body systems and their care; understanding the differences between medicines and other drugs, using assertiveness skills to say no to drugs; dealing with family goals, conflict resolution and the use of negotiation skills; understanding and protecting oneself from fire dangers; pollution problems and the importance of caring for the environment; using skills and knowledge learned to make smart consumer decisions about health.

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In **Grade 5**, health education lessons focus on: stress, its effects, stress management and reduction skills and identifying health care professionals who can help people deal with stress; decision making to keep the body strong and healthy, emphasizing rest, fitness, nutrition and disease, and includes evaluating advertising claims of health products; growth and development and family life, examining the preteen growth spurt, hygiene needs, responsibilities within the family and family change; effects of drug use and the influences on people's choices to use drugs, decision making and refusal skills with regard to tobacco; safety and avoiding injury with regard to water and sports; protecting oneself from physical or sexual abuse;

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