

# **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 Grade 6, health education lessons focus on: accepting responsibility for personal health and well being; planning for a healthy lifetime; developing self-confidence and self-esteem, understanding the importance of caring for oneself; learning the importance of fitness, and nutrition by making healthy food choices and learning the benefits of exercise; developing social and emotional health by practicing communication skills including refusal and assertiveness skills to resist peer pressure; learning to manage stress; practicing how to resolve conflict and respecting family differences; understanding the physical and emotional changes during adolescence; learning the different body systems; understanding the difference between communicable and noncommunicable disease; identifying the effects of drug use; practicing decision making and refusal skills regarding drug use and sexual activity; promoting personal safety in home, community and outdoor activities; protecting oneself from physical or sexual abuse.

All San Francisco middle schools commemorate World AIDS Day (the week of December 1st) with age-appropriate activities, including food drives, letters to people infected with HIV, and HIV prevention lessons. Sixth grade students may attend a theatrical performance, "Nightmare on Puberty Street," about physical, social and emotional changes experienced during puberty.

Several community agencies have been approved to make classroom presentations in San Francisco middle and high schools. These organizations are listed on the back of this letter.

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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Teacher's signature

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 Grade 7, health education lessons focus on: accepting responsibility for personal health and wellness; learning to look and feel good by taking care of ones body; understanding mental health and building positive self-esteem; learning to build healthy relationships while accepting individual differences; dealing with abuse and violence and practicing conflict resolution; building healthy consumer choices; understanding growth and development; learning the importance of fitness and nutrition; understanding communicable and noncommunicable disease including sexually transmitted diseases; practicing communication skills including refusal and assertiveness skills to resist peer pressure; identifying the effects of using tobacco and alcohol; practicing decision making and refusal skills regarding drug use and sexual activity; developing personal safety habits for home, community and outdoor activities; understanding the environment and its relation to health.

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In Grade 8, health education lessons focus on: making decisions, setting goals and making action plans for personal health and wellness; understanding emotions, mental disorders and sources of help; learning to manage stress; understanding dating, marriage and parenthood while accepting diversity; understanding consumer problems and public health issues; learning about adulthood and aging, and facing death and grief; planning a fitness program while incorporating both individual and team activities; managing weight and understanding eating disorders; reviewing communicable diseases and noncommunicable diseases including sexually transmitted disease; understanding allergies, asthma, and other noncommunicable diseases; learning about drugs and their relation to health while practicing refusal and assertiveness skills to resist pressure to use substances; learning about abuse and identifying sources of health information and help; learning to handle emergencies; and handling environmental hazards.

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