



John Read Middle School
Jennifer Desmarais, Principal
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January 9, 2023

Dear 7th Grade Parents:

Part of the health curriculum at the 7th grade level includes concepts about family life education.

Mrs. Collentine will begin this unit by highlighting the changes that students can expect to experience over the coming years, reviewing physical, emotional and social changes. These changes are presented as being a natural part of growing up, and thus a positive attitude toward these changes is encouraged through respectful discussions. Topics addressed include: basic information about the anatomy and physiology of the male and female reproductive systems, human reproduction, sexually transmitted diseases including HIV/AIDS and their transmission, and the benefits of abstinence. Students are made aware of appropriate resources for accessing information.

The content of this unit is based on state and national health education standards and the students will remain in their co-ed class sections throughout the instruction. Mrs. Collentine is a CT certified health educator. Instruction will consist of an age appropriate video entitled, *Puberty: You, Your Body and Puberty* and other supporting materials. You are welcome to contact Mrs. Collentine to discuss the material and preview the videos.

While student participation in this health unit is highly recommended, you may choose to exempt your child from this instruction according to Board of Education Policy 6144.1. This policy states that “*if the religious belief and/or teachings of a student or his/her parents or guardian are contrary to the content of a school subject, the student may be exempt from participation.*” **If your child currently has Health (Semester 1), and you would like to receive such an exemption, a parent or guardian must present a written request to Mrs. Collentine by January 17, 2023. Please do the same for students taking Health during the second semester by February 1, 2023.** Students who are exempt will research health professions in the Media Center.

Sincerely,

Jennifer Desmarais
Principal

Judith Collentine
Health Education Teacher