Dr. Marcus J. Newsome
Interim Superintendent of Schools

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Dear Parents/Guardians of Middle School Students,

Students participate in three-quarters of Physical Education and one-quarter of Health Education in grades seven and eight. Sixth grade students participate in three units of Health Education, focusing on mental and emotional health, safety and violence prevention, and tobacco and nicotine. 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 aligns with national and state education standards and includes units to help prevent risky behaviors and promote healthy decision-making by 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 seventh grade Health, students will be engaged in learning pertaining to nutrition, alcohol, healthy relationships, human sexuality, and the reproductive system. During eighth grade Health, the content covered develops student knowledge in stress management; depression; suicide; consent; tobacco/ electronic nicotine delivery systems (ENDS), opioid, stimulant, hallucinogenic, and depressant drugs; addiction, abstinence; STDs/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 allows students to develop 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 maintains a copy of the CCPS Family Life and Human Sexuality curriculum for your review. Under Maryland state bylaws, parents/guardians have the right to excuse their child from the approved Family Life and Human Sexuality unit upon written request to the school.

Parents and guardians have two options for accessing Family Life and Human Sexuality instructional materials which are outlined below:

1. **Schedule an Appointment at Your Child's School**
   Contact your child's school to set up an **in-person or virtual meeting** with the health teacher and the school principal to review the instructional materials.

2. **Access Materials via Schoology**
   Parents and guardians can view the Family Life and Human Sexuality Curriculum by accessing the **Family Life Curriculum Group** in Schoology. To ensure proper access:

   - Log in using your **parent/guardian Schoology account** (not your child's student account). This can be accessed by visiting https://www.calvertnet.k12.md.us/schoology or by scanning the QR code below.

Jana L. Smith-Post, President • Lisa M. Grenis, Vice President
Melissa M. Goshorn • Paul E. Harrison • Joseph L. Marchio • Allison E. Jones, Student Member

- Click on **Groups**.
- Select **Family Life Curriculum**.
- Click on **Resources** on the left-hand side of the page.

Need Help?

- If you are unable to locate or access the group in your Schoology parent account, please contact the **Supervisor of Health and Physical Education** in the Department of Instruction.
- If you do not have a Schoology parent account, please contact the **IT Helpdesk** for assistance in setting one up.

Parents can opt their child out of family life and human sexuality instruction. Students whose parents have opted out will receive appropriate alternative learning objectives and/or assessments in health education outside of the health classroom.

If you have any questions, please contact your child's Health Education teacher or school administrator to arrange a phone call or meeting to review the Family Life instructional materials.

Sincerely,

Marc Watson
Supervisor of Health, Physical Education, and Athletics

Middle School Health Family Life Opt-Out Form

Please sign and return this form to your child's Health Education teacher if you wish to opt your child out of any part of the approved Family Life and Human Sexuality curriculum. We encourage parents/guardians to contact their child's teacher and discuss those elements of the curriculum for which they want their child to receive alternative assignments for in Health Education.

Student's Name: _____Grade: _____Health Teacher & Period: _____

Parent's Name: _____Parent Contact Number: _____Date: _____