



Health, Physical Education, and Wellness Department

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“Developing Healthy, Physically Active, and Empowered Scholars”

Notification of Elementary Health Education

Dear Caregivers and Families,

Our Health, Physical Education, and Wellness Department is committed to delivering joyful, developmentally appropriate, rigorous, and culturally responsive lessons. Our Comprehensive Health Education program aligns with the National Health Education Standards, the CASEL Social Emotional Learning Standards, and Learning for Justice’s Social Justice Standards.

Health and Wellness Education is implemented with a skills-based approach. As students move through elementary school, students will establish and practice health-enhancing behaviors, and develop valuable life skills. Topics covered in elementary health include physical, social, and mental-emotional health; relationship skills; conflict resolution; and safety.

As family, parents, and caregivers, you are the first and most impactful source of information that guide children as they progress through various developmental stages. Students are encouraged to identify trusted and caring adults and talk with them about what they are learning. Having conversations about the information taught in health class will reinforce positive health messages, support their overall well-being, and place the information in the context of your family values.

If you have any questions or concerns, please do not hesitate to contact our department.

Sincerely,

Jamie McCarthy

K-12 Curriculum Coordinator for
Health, Physical Education, and Wellness

Ariana Starling

Lead Teacher for
JK-8 Health Education and Wellness