



Health, Physical Education, and Wellness Department

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“Developing Healthy, Physically Active, and Empowered Scholars”

Notification of Grade 5 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, National Sexuality Education Standards, CASEL Social Emotional Learning Standards, and Learning for Justice’s Social Justice Standards.

Health and Wellness Education is implemented with a skills-based approach. Students will practice health-enhancing behaviors and valuable life skills. Students will focus on decision-making and communication; personal body safety and consent; puberty, sexuality, and reproductive health; and mental health. To teach our sexual health unit we use Get Real, an evidence-based comprehensive sexuality education curriculum. All information provided is medically accurate and age-appropriate.

As family, parents, and caregivers, you are the first and most impactful source of information, so students are encouraged to discuss what they are learning with you. Having conversations about 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