



**Health, Physical Education, and Wellness Department**  
Jamie McCarthy, K-12 Coordinator Health, PE, and Wellness | [jmccarthy@cpsd.us](mailto:jmccarthy@cpsd.us)  
Ariana Starling, Lead Teacher, JK-8 Health and Wellness | [astarling@cpsd.us](mailto:astarling@cpsd.us)  
459 Broadway • Cambridge, MA 02138

*“Developing Healthy, Physically Active, and Empowered Scholars”*

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### **Notification of 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. As students move through upper school, students will continue to practice health-enhancing behaviors and build upon valuable life skills they learned in elementary health. Topics covered in upper health include physical, social, and mental-emotional health; safety; bullying awareness; substance abuse and addiction; violence prevention; and sexual health. To teach our sexual health units in grades 6, 7, and 8, 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 your student’s first and most impactful educator. In an effort to bridge a connection between us and you, students are encouraged to discuss what they are learning in health class with you. We recognize that having some of these conversations can feel challenging. They also help reinforce positive health messages 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