



Lake Washington School District
Environmental and Adventure School
8040 NE 132nd St.
Kirkland, WA 98034

December 10, 2025

Dear Parent/Guardian,

In 1988, the Washington State Legislature mandated that a program of HIV/AIDS prevention education be presented to students yearly, beginning with the fifth grade. In 2018, Lake Washington School District adopted the KNOW curriculum for 5th- 8th grade students, provided by the Office of the Superintendent of Public Instruction (OSPI). The KNOW curriculum provides a science-based understanding of the AIDS virus, and how it is transmitted. Also, the FLASH (Family Life and Sexual Health) curriculum was adopted for middle school to increase family communication about sexual health related topics. FLASH was developed by the department of Public Health in King County. These curricula were adopted with the involvement of educators, parents, and community members.

The FLASH & KNOW middle school curriculum will be taught during the EAS health fair starting on January 20th and extending through the 23rd. **Your child will be automatically enrolled in the FLASH course during health fair unless parents complete the opt-out procedure by January 12, 2026.**

In accordance with the AIDS Omnibus Bill (RCW 28A.230.070), no student may be required to participate in AIDS prevention education (KNOW curriculum) when a student's parent(s) or guardian(s) meet the following two requirements:

1. Watch the district presentation to preview the materials.

The district presentation about the middle school sexual health curricula and materials are available online on the LWSD Sexual Health website:
<https://www.lwsd.org/services/curriculum-instruction/sexual-health-curriculum>

2. Sign Exemption Form and return it to the EAS office.

If you choose to waive your child from FLASH/KNOW instruction, you will need to complete the exemption form that is available on the LWSD website once you have previewed the lessons and watched the district presentation.

Sincerely,

EAS Staff
Environmental & Adventure School

Principal,
Kristian Dahl

Lead Teacher,
Marie Andrada

Office Managers,
Colleen McLaughlin
Laura Bartoletti

Teachers
Ashley Holck
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