

## SEWANHAKA CENTRAL HIGH SCHOOL DISTRICT

Dear Parents of **Senior High** Health Education Students:

We view the health education class as an environment which gives us the opportunity to promote a healthier, safer, more productive and responsible life style in our children. As you know, our senior high Health curriculum is continually updated in light of new developments in public health.

At times, this requires that controversial health issues and concerns of young people have to be considered in class. As professional educators we realize that an understanding of topics such as Human Growth and Development and AIDS prevention are critical to promoting a healthy lifestyle. To meet our educational responsibility, we believe that students must have a realistic understanding of these vital areas. At the same time, we want you to be aware when we present sensitive material in these areas.

The overriding values we promote are abstinence and responsible decision-making. We are also keenly aware that, as parents, you have a need and right to be familiar with the senior high health curriculum. A general course outline is located on the back of this memo. The complete curriculum overview can be viewed on the Sewanhaka Central High School district website under the "For Parents" tab.

In accordance with New York State regulations, your child will receive instruction in the health curriculum as established by the Department of Education. However, the regulations also give you the option to exempt your son or daughter from two specific units of the curriculum:

- Unit X - "AIDS Prevention"
- Unit XI - "Human Growth and Development"

If you decide to have your child excused from these units of the health curriculum, we ask that you indicate this by checking the appropriate box below. Whether or not you wish your child to take the full health curriculum, we ask that you please complete and return the signed form by\_\_\_\_\_. *In order to participate in Human Growth and Development and AIDS Prevention units, you must sign the form and return it to your child's health teacher.*

Thank you very much for your cooperation.

Matt McLees  
Chairperson of Physical Education, Health,  
Driver Education & Athletics  
516-488-9858

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### HEALTH EDUCATION RESPONSE FORM

- I want my child to participate in the full health education program.
- I would like my child to be exempt from both Human Growth and Development and AIDS prevention instruction. I recognize that it will be the responsibility of our family to provide information in these areas, since the District final examination will represent this information.

Student Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## GENERAL COURSE OUTLINE

I.	Mental Health	21 Days
II.	Family Life	1-2 Days
III.	Nutrition	2-3 Days
IV.	Substance Abuse: Tobacco - (5 Days) Alcohol - (5-6 Days) Drugs - (5-6 Days)	15-17 Days
V.	Environmental & Community Health	1-2 Days
VI.	Diseases and Disorders	15-18 Days
VII.	AIDS Prevention	2 Days
VIII.	Human Growth and Development	14 Days
IX.	Safety and First Aid	2-3 Days
X.	Final Examination Review	2-3 Days
XI.	Final Examination	<u>2 Days</u>
		Total = 77- 87 Days

## SEWANHAKA CENTRAL HIGH SCHOOL DISTRICT

Dear Parents of **Junior High** Health Education Students:

We view the health education class as an environment which gives us the opportunity to promote a healthier, safer, more productive and responsible life style in our children. As you know, our junior high Health curriculum is continually updated in light of new developments in public health.

At times, this requires that controversial health issues and concerns of young people have to be considered in class. As professional educators we realize that an understanding of topics such as Human Growth and Development and AIDS prevention is critical to promoting a healthy lifestyle. To meet our educational responsibility, we believe that students must have a realistic understanding of these vital areas. At the same time, we want you to be aware when we present sensitive material in these areas.

The overriding values we promote are abstinence and responsible decision-making. We are also keenly aware that, as parents, you have a need and right to be familiar with the junior high Health curriculum. A general course outline is located on the back of this memo. The complete curriculum overview can be viewed on the Sewanhaka Central High School district website under the "For Parents" tab.

In accordance with New York State regulations, your child will receive instruction in the Health curriculum as established by the Department of Education. However, the regulations also give you the option to exempt your son or daughter from two specific units of the curriculum:

- Unit VII - "AIDS Prevention"
- Unit VIII - "Human Growth and Development"

If you decide to have your child excused from these units of the Health curriculum, we ask that you indicate this by checking the appropriate box below. Whether or not you wish your child to take the full health curriculum, we ask that you please complete and return the signed form by \_\_\_\_\_. *In order to participate in Human Growth and Development and AIDS Prevention units you must sign the form and return it to your child's health teacher.*

Thank you very much for your cooperation.

Matt McLees  
Chairperson of Physical Education, Health,  
Driver Education & Athletics  
516-488-9858

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### HEALTH EDUCATION RESPONSE FORM

I want my child to participate in the full health education program.

I would like my child to be exempt from both Human Growth and Development and AIDS prevention instruction. I recognize that it will be the responsibility of our family to provide information in these areas, since the District final examination will represent this information.

Student Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## GENERAL COURSE OUTLINE

I.	Mental Health	15-17 Days
II.	Parenting	4-5 Days
III.	Nutrition	2-3 Days
IV.	Substance Abuse: Tobacco - (4 Days) Alcohol - (5 Days) Drugs - (4 Days)	13-14 Days
V.	Responsible Driving for Teenagers (State Education Department mandate 9/90)	1-2 Days
VI.	Consumer Health	1 Day
VII.	Environmental Health	1 Day
VIII.	Community Health	1 Day
IX.	Diseases and Disorders	13-14 Days
X.	AIDS Prevention	1 Day
XI.	Human Growth and Development	18-19 Days
XII.	Safety and First Aid	2-3 Days
XIII.	Final Examination Review	3 Days
XIV.	Final Examination	<u>2 Days</u>
	Total Days =	77- 86