An important element in the successful implementation of any curricular program is parent, guardian, and community involvement. Based on feedback from our materials adoption process, the Oregon City School District is providing you with timely communication regarding your student’s participation in our newly adopted health curriculum. At least two weeks prior to the start of a new unit, you will receive a notification letter from the district and a family newsletter provided by the classroom teacher. For Units 5, 6, and 8, an opt out form will be attached to this communication. We strongly encourage you to preview the materials prior to opting out of instruction so that you may make the most informed decision possible.

Beginning on December 3, 2018, your student will begin Unit 3 of our curriculum which has four lessons focused on Nutrition. The topics by grade level are as follows:

**Kindergarten: Good Food**
- Food Needs for Life, Healthful or Less Healthful (Decision Making, Food Choices), Good Food Comes in Many Forms, Before We Eat - Food Handling

**1st Grade: Why Do We Eat?**
- Why Do We Eat (Food Becomes Energy), Food In Your Body, What is Healthful Food, Which Foods to Choose?

**2nd Grade: The Wide World of Food**
- Eat a Plate (MyPlate Nutrition Guidance), Nutrients For Your Body, Eat a Snack!, The Importance of a Good Breakfast!

**3rd Grade: Let’s Eat!**
- Nutrients and Digestion, Healthful Food and Less Healthful Food, Food Labels, Healthful Habits

**4th Grade: The Digestive System**
- The Digestive Process (What Helps and What Hurts), The Balancing Act - Calories and Nutrients, It’s Your Choice...Or Is It? (Influences Over Eating Patterns, Sensory and Aesthetic Preferences), Becoming a Careful Consumer

**5th Grade: You Are What You Eat**
- Beyond the Basics (Nutritional Guidelines, Nutritional Values), Life Cycle and Nutrition, What Can Go Wrong (Safe Food Handling, Preventing Illness), Making A Difference (Nutritional Health in a Community)

If you are interested in viewing the curriculum, you may make an appointment with your school principal. You may also view the materials at our District Office at any time during the school year. We are happy to answer any questions that you may have and we encourage you to view any and all materials that will help you to make an informed decision about your child’s instructional experience.

Sincerely,

Kyle Laier, Assistant Superintendent of Teaching and Learning
Sara Deboy, Associate Director of Teaching and Learning