Dear Parents and Guardians,

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 January 7, 2019, your student will begin Unit 4 of our curriculum which has four lessons focused on Community Health & Safety. The topics by grade level are as follows:

**Kindergarten: The Family Team**
- What is A Family, See How Families Grow and Change (includes resolving conflicts, controlling anger in the face of change), Family Rules and Jobs, Families and the Community

**1st Grade: All About Medicine**
- All About Medicines, Who Can Give Medicines?, What Does Medicine Do?, Medicine Can Mean Trouble

**2nd Grade: Your Heart, Small But Strong**
- Your Heart - Small But Strong, How to Care For Your Heart, Heart Problems and Heart Helpers (includes benefits of quitting smoking), Have a Heart (the heart as a symbol of love and kindness)

**3rd Grade: Community Health**
- Your Community - Keep It Safe!, Your Community - Keep It Healthy!, Your Community - Keep It Clean, Your Community - Keep It Drug and Violence Free! (includes definition of drug abuse and drug effects, identifying risky situations)

**4th Grade: No Smoking!**
- How Smoking Harms the Body (includes effects of drinking alcohol), Why Do People Smoke, Advertising and Other Influences on Your Behavior, Smoking and Your Community

**5th Grade: Love Your Lungs**
- The Respiratory System, Community Health and Diseases of the Respiratory System, Smoking and Your Lungs (physical and emotional feelings tied to smoking), Pollution in the Community (smoke as a pollutant)

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