Dear Parents and Guardians,

February 19, 2019

In accordance with our agreement during the 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 March 4, 2019, your student will begin Unit 6 of our curriculum which has four lessons focused on Growth, Development, & Family Life. Unit 6 has been identified as containing topics that may be sensitive for some families.** The topics by grade level are as follows:

- **Kindergarten: Going to the Doctor and Dentist**
  Your Doctor or Dentist, Getting a Checkup, Taking Care of Teeth, Making Healthful Decisions (rules about medicine, adults that help us when we are hurt)

- **1st Grade: Happy, Sad, and In Between**
  We Have Many Feelings, Talking Helps Me Feel Better (bullying behavior and how to get help), Cool Dude Gets Mad (how to handle anger & frustration), My Body Is Private (includes anatomically correct terms for body parts, safe/unsafe touches)

- **2nd Grade: Babies...and How You Grew**
  Growing & Changing (stages of life/development), Families (different family structures, defining family), Families Grow and Change, Too (how change can impact a family, such as moving or a new baby, touches on grief, touches on effects of drugs/alcohol), I Am Special (benefits of being unique, respecting differences, emotions)

- **3rd Grade: Your Family, My Family**
  All About Families (different types of families, family traditions, dealing with discrimination, gender expression, sexual orientation), Genes - What They Are and What They Do (feeling pride in differences and individual heritage, identity) Ways to Stay Safe (always ask first rule, private body parts, anatomically correct terms), Safe & Unsafe Touches (The touching rule, practicing staying safe, reviewing safety skills, refusal skills)

- **4th Grade: Be Cool, Keep Clean**
  Hormones and Body Changes (growing up, managing feelings), What is Good Hygiene?, Illness Prevention and Good Hygiene (includes disease transmission through drug use), Looking Good, Feeling Great (positive body image, identity, gender roles and expression, sexual orientation)

- **5th Grade: Growing Up**
  Hormones and Your Body (endocrine system), Growing Up Male and Female (biological differences, abstaining from sexual harassment, puberty, stereotypes, nocturnal emissions, anatomically correct terms for body parts), Good Hygiene and Feeling Good About the Way You Look (overt/covert messages in advertisements, bullying basics) Growing Up with a Healthy Attitude

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 during office hours 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
Health Curriculum Opt Out Form
Unit 6 - Growth, Development, and Family Life

Student Name: ______________________________  Student Grade: ___________

Student’s Teacher: __________________________

Student’s School: ____________________________

Parent Name(s): ____________________________________________________

Parent Phone Number(s): _____________________________________________

Parent Email Address(es): _____________________________________________

Please read below and select all that apply:

☒ I am choosing to opt out of the district adopted health curriculum for Unit 6 and would like my child to be given an alternate activity during the time of instruction for all lessons.

☒ I have previewed the curriculum associated with this unit.

☒ I have told my student that they will not be participating.

Parent Signature:______________________________________Date:_____________