Dear Parents and Guardians,

April 22, 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 May 6, 2019, your student will begin Unit 8 of our curriculum which has four lessons focused on Disease & Illness Prevention. Unit 8 has been identified as containing topics that may be sensitive for some families. The topics by grade level are as follows:

**Kindergarten: Getting Sick**
- What Does It Mean To Be Healthy?, What Does It Mean To Be Sick?, How Do You Get Well?, Helping Those Who Are Sick

**1st Grade: Get Well Soon**
- Getting Sick (signs of illness, taking care of yourself), Germs (definition of germs & communicable versus non-communicable), Getting Better, Do Not Share Your Germs (includes health safety and what to do if you find medicine/needles)

**2nd Grade: Germs! They Make You Sick**
- Germs: What They Are and What They Do, Keeping Germs Out, Body Battles: Fighting Germs, Community Health Helpers (includes laws that prevent violence and drug use, bloodborne illnesses)

**3rd Grade: Things You Might Catch**
- Being Sick (how germs are spread), Fighting Diseases, Keeping Clean and Healthy, Medicines (how medicines, including vaccines, fight or prevent illness, staying away from unsafe body fluids or objects (like needles) to stay safe from communicable diseases such as HIV/AIDS)

**4th Grade: Puzzled About Germs (HIV/AIDS)**
- Puzzled About Germs (definition of immune system and what HIV does, decision making skills to stay safe), Transmission of HIV (through needle use, mother passing to unborn child, breastfeeding a baby, and sexual contact), Know Yourself and Your Friends (avoiding peer pressure to try or use drugs, refusal skills), Illness and the Community (treating those who are ill with kindness and dignity)

**5th Grade: About Blood and HIV**
- Your Circulatory System (Includes Drug Abuse & Effects), Your Blood and Your Immune System (includes immunization), HIV - Enemy of the Immune System (refusal skills, includes how HIV is/is not transmitted), Helping Hands (defines compassion and empathy, includes how communities support people who are sick)

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 8 - Disease & Illness Prevention

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 8 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:_____________