

PLAINFIELD CENTRAL MIDDLE SCHOOL

HEALTH EDUCATION CURRICULUM INFORMATION

Dear Parent or Guardian

As part of the state and national curriculum standards, your child will be participating in Health Education classes. This course addresses many different health related issues and concerns and may require support from home at various points. We will address health as a state of complete physical, mental, emotional and social well-being, not just the absence of illness. Students usually have this class each year (6th, 7th, and 8th grade) and the information is leveled to meet the needs of developing adolescents.

The overall goal of the health curriculum is to help students develop the knowledge, attitudes, skills, and behaviors necessary for a lifelong commitment to health. To achieve this goal, students will participate in a program called “Life Skills,” which will help them develop skills to avoid tobacco, alcohol, and other drugs. Students will also have access to many different health materials, such as “Current Health,” as well as our grade level texts “Health & Fitness” and “Teen Health.” In addition to these materials, we also use a curriculum called “The Great Body Shop.” Students will view various health related videos, DVDs, and other online resources to go along with each unit of study.

Students will need to complete various assignments given to them throughout the class, which will count towards their final grade, and occasionally an assignment may require some additional work at home. A folder will be provided to hold their work throughout the course and helps to keep everything organized. Each child is also given a grade for classwork based on preparation, participation, effort, and behavior.

In an effort to help your child succeed, I have included a list of the topics from our health curriculum. Please keep in mind these topics are age-appropriate according to the state and national health standards for grades six through eight. Our curriculum is aligned with these standards for health education and it is approved by the Plainfield Board of Education. If you have any questions or concerns after reading this information, please feel free to contact me by phone at 860-564-6437 ext. 2310, or by email at tinglep@plainfieldschools.org.

Health classes will address the following content and topics:

- Mental, Emotional, & Social Health (all grades)
- Nutrition & Physical Activity (all grades)
- Alcohol, Tobacco, & Other Drugs (all grades)
- Decision Making, Goal Setting, Communication, Assertiveness, Peer Pressure, & Refusal Skills (all grades)
- Stress Management, Suicide Prevention, & Depression (7th & 8th grade)
- Violence & Bullying (7th & 8th grade)
- Social Media, Internet Safety & Advertising Influences (7th & 8th grade)
- Disease & Injury Prevention (all grades)
- Body Systems, Growth & Development (all grades)
- Sexual Health, including Abstinence, Reproduction, STDs, HIV, & Pregnancy (7th & 8th grade)
- Personal & Community Health (all grades)

Curriculum materials are available for viewing in the Health classroom.

Thank you for your involvement and support.

Pamela S. Tingle
Health Education Teacher
Plainfield Central Middle School