

STONEHAM CENTRAL MIDDLE SCHOOL
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Dear Parent/Guardian,

Teaching young people how to stay healthy is a critical educational goal. This effort includes providing a course which teaches children about their body systems and helps them to develop healthy attitudes and to build skills that enhance wellness, positive decision making skills and maintain a healthy body.

The purpose of this letter is to inform you about the component which will teach children about healthy sexual growth and development, and teach them refusal, assertiveness and other communication skills which will help them to refuse to engage in risky behaviors. These lessons will include information on human sexuality.

The goal of this program is to teach every student to develop sensible lifelong health habits and to take responsibility for his/her own health. It is important to teach this information early in a child's life because it lays the groundwork for the development of healthy life habits.

The Comprehensive Health Education Curriculum will be age appropriate and adhere to the Massachusetts State Frameworks for learning, teaching, and assessment in health for the Commonwealth's public schools. There will be no health courses offered in grade seven, students will have physical education classes all year. The grade six topics will include decision-making, nutrition, conflict resolution, social health, healthy relationships, substance abuse/prevention, fitness, gender roles/issues, emotional wellness and human sexuality. The eighth grade topics will include substance abuse/prevention, nutrition/fitness, interpersonal relationships, violence prevention, media influence/awareness, emotional wellness, peer influence, lifetime wellness and human sexuality.

Parents can and should have a strong influence on their children's health decisions. If you would like to view the materials and curricula used for the course you may arrange to do so. Under Massachusetts law, you may exempt your child from any portion of the curriculum that primarily involves human sexuality issues. If you do not want your child to participate in any portion of these classes, simply send a letter requesting an exemption and which classes you would like your child exempt from. No student who is exempted will be penalized. We will provide an alternative health assignment to students who are exempted.

We look forward to working with you on our health curriculum.

Sincerely,

Christopher Banos, Principal

Sandra Fulmer, Assistant Principal

Sharon Chapman, Program Supervisor of Health and Science