



**KILDEER COUNTRYSIDE COMMUNITY
CONSOLIDATED SCHOOL DISTRICT 96**

Dear Parents:

Human Growth and Development will be taught to all *fifth* grade students. The unit will deal primarily with the informational aspects of human growth and development education. Instruction will be provided by a teacher trained to teach our district's program. Classes will meet for three sessions as part of the physical education program. The connection between this subject matter and individual moral values and religious beliefs will be considered the responsibility of parents.

Please review the program standards on the reverse side of this letter. Should you need further clarification on the objectives of the program, or wish to examine the specific materials to be used, contact the principal of your child's school.

The purpose of this letter is for your information only. If, for any reason, you choose not to have your child participate in this unit of study, please sign the form below and return it to your child's principal in order for arrangements to be made for your child to have an independent study project related to another area of the health curriculum. If you do not return this letter prior to the beginning of the unit, your child will participate in the Human Growth and Development unit. Thank you.

Sincerely,

Julie A. Schmidt
Superintendent of Schools

_____ I **DO NOT** wish that my child participate in the program and I will contact the building principal to make other arrangements.

Name of Student

Parent Signature

2018/19 School Year

KILDEER COUNTRYSIDE COMMUNITY CONSOLIDATED SCHOOL DISTRICT 96

**HEALTH AND WELLNESS
HUMAN GROWTH AND DEVELOPMENT OBJECTIVES**

Standards for Grade 5

Students will:

1. identify and discuss the stages of puberty and the emotional and physical changes occurring in this process.
2. list the components of personal wellness.
3. discuss the effects of peer pressure and recognize the importance for individual choices.
4. recognize the potential for sexual abuse and strategies for avoiding and reporting uncomfortable situations.
5. discuss the importance of decision-making skills and making responsible choices.
6. recognize the sources of help for yourself and others.