



Administrative Service Center

MACOMB COMMUNITY UNIT SCHOOL DISTRICT #185

323 WEST WASHINGTON • MACOMB, ILLINOIS 61455

PHONE: 309/833-4161

FAX: 309/836-2133

Preparing Students for Success

Patrick Mark Twomey, Ed.D.
Superintendent of Schools

Dear Parent or Guardian:

Your child's health is important to us. In Macomb public schools, health education classes include skills and lessons on violence and injury prevention; emotional and mental health; nutrition and physical activity; tobacco, alcohol and other drugs; family health and sexuality; HIV/AIDS; and personal and consumer health.

The Illinois State Board of Education mandates comprehensive health education courses in both middle and high school. This letter addresses specifically 7 -12 health education courses. In these classes students learn how to live a healthy life and avoid engaging in risky behaviors. Lessons in health education classes for middle and high school include lessons about sexual health that are appropriate for your child's age.

Sexual health lessons provide adolescent students with medically accurate information and communication skills to help them make decisions that can keep them healthy and safe. Our shared goal is to delay sexual activity in school-age youth.

We know that our students and their families have a range of beliefs, cultures and customs. Those family values are core, essential guidelines for your child's life. No pupil shall be required to take or participate in any class or course in comprehensive sex education if his parent or guardian submits objection thereto (105 ILCS 5/27-9.1).

If you would like your child to be excused from one of the qualifying topics, write a letter to your child's principal. The letter should state that:

- Your child should not be in the classroom during lessons about the given topic and;
- You will provide instruction on prevention to your child in your home.

As in all areas, parents and guardians are a child's first and most influential teachers. Parents, guardians and schools share a common goal: we want students of all ages to be healthy in all aspects of their lives. Ask your child what he or she is learning in health education class in all lessons, not only those relating to sexual health. If you want to learn more about your child's health education class, talk to your child's principal and teachers. Also, make sure your child knows what you believe are the best ways to lead a healthy life.

Sincerely,
Patrick M. Twomey

6th Grade
Health Education Curriculum

***Attend Body Talks Seminar at Western**

1. Nutrition

- a. Good Labels
- b. Nutrients
- c. Choose My Plate
- d. Body Image & Healthy Weight

2. Fitness

- a. BMI
- b. F.I.T.T. Principle
- c. Components of Fitness
- d. Personal Fitness Plan

3. Hygiene

- a. Keep It Clean Hygiene video

4. Fire Safety

- a. Fire department Visits

5. Disability Awareness

- a. Disability Awareness Video

6. Drugs/Alcohol/Tobacco

- a. Red Ribbon Week Activities
- b. Refusal Skills
 - Saying No to Alcohol & Other Drugs
 - Resisting Peer Pressure
 - Staying Drug Free

7. CPR/AED

***The Counselor also provides lessons on Mental and Emotional Health, Building Relationships and solving conflicts.**

