



Dear Fourth Grade Parents and Guardians,

Three Rivers Charter School is providing you with timely communication regarding your student's participation in health. In two weeks we will start a new unit with sensitive material. An opt out form is attached to this communication. If you decide to opt out of a lesson, we ask that you speak with your child and let him/her know ahead of time that he/she will not be participating in the lesson.

Beginning April 19, your student will begin topics of mental health, personal care & puberty, and personal safety & abuse. These topic areas have been identified as containing material that may be sensitive for some families. The state standards are as follows:

- HE.1.4.2 Describe the examples of physical, mental, social, emotional, and environmental health.
- HE.4.4.8 Describe how to ask for help and support, if they or someone they know is being hurt or feels unsafe.
- HE.3.4.3 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth.
- HE.3.4.8 Identify sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse.
- HE.3.4.10 Identify sources of support such as parents or other trusted adults they can tell if they are being sexually harassed or abused.

If you are interested in viewing the curriculum, you may make an appointment with TRCS staff. We are happy to answer any questions that you may have that will help you to make an informed decision about your child's instructional experience.

Sincerely,

TRCS Staff



Health Curriculum Opt-Out

Name: _____ Student Grade: _____

Student's Teacher: _____

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 health curriculum (standard or material covered) and would like my child to be given an alternate/unrelated 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: _____