



Dear Parents,

Your child will be receiving coordinated health instruction by participating in the **Healthy and Wise Middle School Program**. During the health and physical education lessons, your child will be assigned a variety of **Home Connection Activities**. These activities are an opportunity for you to have important discussions with your child on various health topics. In addition, there are lessons that will require you to work hand-in-hand with your child to accomplish an assignment or project. Please guide your child during these important health lessons and provide the support and guidance that your child might need or be seeking.

**The Healthy and Wise units that will be covered include:**

- Personal Fitness
- Nutrition and Health
- Body Systems
- Growth and Development
- Avoidance of High Risk Behaviors
- Accessing and Using Health Information - Influence of Media and Technology
- Environmental and Social Factors Affecting Health
- Safety
- Social and Mental Health

Each health unit will also address the importance of a healthy, balanced diet and regular physical activity. In addition, the Healthy and Wise Strength, Conditioning, and Wellness guide and the SPARK Middle School PE Curriculum will provide many opportunities that help your child improve all areas of fitness – cardiorespiratory endurance, flexibility, muscular strength, and muscular endurance.

There are many other opportunities for you to be involved in other health and physical activity initiatives taking place at school. Volunteers are always needed to assist with various physical education activities, fitness testing, and scheduled health screenings. Guest speakers, classroom assistants, lunchtime monitors, and recess helpers are always appreciated. If you would like to be involved with our health, nutrition, or physical education programs, please stop by the school office and inquire about the opportunities available.

**We look forward to a Healthy and Wise school year!**

