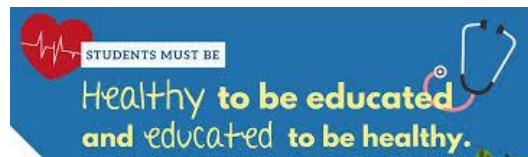




Hanover Middle School
Health Education Curriculum
Information for Parents and Guardians



Welcome to HMS Health 2023-24!

Every student in every grade will receive 20 Health lessons this year. For *one term*, each student will have 2 consecutive Health days in the 6-day rotation.

Please see the HMS Health website (link in signature) for curriculum, grading policy, and other essential information for Health and Health Exploratory classes.

Please see below for an invitation to join us for health curriculum night.

Though this night will focus primarily on reproduction/sexuality-related content, you will be able to get a picture of how Health class runs all the time. We follow a skills-based model. Students practice skills that will help them enhance their health in a variety of ways outside of class. Any student who has had Health classes already can tell you we practice a lot of communication skills - we don't even raise hands in class! Hopefully, they are showing off those skills (active listening, speaking one at a time, etc.) at home.

If you would like more information on any grade's Health curriculum than is offered on the website or through the previews provided, please email me directly at any point during the year so we can connect by email/phone/Zoom, or set up a time to meet.

Please feel free to contact me anytime with questions, concerns, or feedback.

It is my privilege to work with all of you to help our students do what they hear me say often:

Make good choices. Be good people.

Ms. Michelle Westerling Ireland

HMS Health Educator

<https://sites.google.com/hanoverschools.org/hmshealth>

mwesterling@hanoverschools.org

Growth and Development and Reproduction/Sexuality Curriculum

Each year, we provide opportunities for parents and guardians to preview all health education curriculum related to growth and development and/or reproduction and sexuality. Please click on the following links to view curriculum plans for each grade level. Speaker notes are included in select presentations to bring clarity to slides for parents and guardians. Please ensure that you have clicked *show speaker notes* on your device.

Health Curriculum Overview

Based on feedback from last year, we are hosting one in-person preview session that covers all grade levels, rather than 4 separate sessions. Parents and guardians can get an overview of the curriculum in all grades and those with multiple middle school children will not have to wait around for different grade-level sessions. We welcome your feedback on the curriculum, instruction, and delivery of communication to families.

The content below will be summarized, but curriculum night will not include in-depth reading of slides or full video previews. Please preview all related resources ahead of time using the links below.

Please join us for the *Hanover Middle School Health Curriculum Night: Monday, September 25, 2023 in the HMS Library 6:00-7:30pm.*

HMS Health Curriculum Night slides with speaker notes: [Copy of HMS Health curriculum night Sep 23](#)

GRADE 5 Intro to Health Education	GRADE 6 The World Around Us (Safety, Community, & Environment)	GRADE 7 Personal Health (Human Body)	GRADE 8 Respectful Relationships
Grade 5 growth and development 3 lessons	Grade 6 bullying, harassment, and assault 2 lessons	Grade 7 reproductive systems and puberty 1 lesson	Grade 8 sex and relationships education 6 lessons

Opt-Out Information

Parents/guardians have the legal right to opt children out of content primarily involving reproduction/sexuality. Requests should be made by email (preferably at least one week in advance) to Ms. Westerling Ireland (mwesterling@hanoverschools.org) and will be shared with Principal Birolini. A confirmation receipt of any opt-out request will be sent. Alternate assignments and/or location plans will be communicated on an individual basis as needed.