



November 28, 2018

Dear Parent/Guardian,

Starting in December all middle class students will be participating in the Richmond Diocese Curriculum for Health. Your child will be learning the following:

- Why is physical fitness important and how do you maintain it
- How does physical fitness education enhance total well-being (social, mental, emotional, and physical)
- Proper hygiene
- Communicable and non communicable diseases
- Drug and alcohol abuse and how to say no
- My Plate (five major food groups) and how to read labels
- Peer pressure and social media
- Stress and depression and how to handle and detect it
- Tobacco use and staying away (8th grade)
- Eating disorders (8th grade)
- False Health Advertising (8th grade)

Classes will consist of light reading assignments, health/food journal, quizzes, guest speakers, and participation. The information provided in class will help to keep your child safe, healthy, happy and informed. I encourage you to talk to your children at home about what they are learning at school and share your values and beliefs with them.

As always, I encourage you to get in touch with me if you have any questions or concerns.

Thank you,

Shelley Lomogda
St Pius X Catholic School
Physical Education and Health Teacher