



# CHIPPEWA VALLEY HIGH SCHOOL

18300 NINETEEN MILE ROAD • CLINTON TOWNSHIP • MI 48038

<http://www.cvs.k12.mi.us/cvhs>

## CAMPUS ADMINISTRATORS

### Principal:

Todd Distelrath

### Assistant Principals:

John Briningstool

Kari Drogosh

Tony Fiorvento

Angela Manzella

### Ninth Grade Center

#### Principal:

Rob Williams

#### Assistant Principal:

Suzanne VanOphem

## CAMPUS DIRECTORY

### Main Office:

586-723-2300

Fax: 586-723-2336

### Guidance Office:

586-723-2340

Fax: 586-723-2341

### Attendance Office:

586-723-2399

Fax: 586-723-2395

### Athletic Office:

586-723-2400

Fax: 586-723-2401

### Ninth Grade Center:

42755 Romeo Plank Road

586-723-3100

Fax: 586-723-3101

### Guidance Office:

586-723-3140

Fax: 586-723-3141

2022-23

Dear Parent:

As a freshman at Chippewa Valley High School, your son/daughter will be taking personal health this year. This one-semester course is required for graduation. The emphasis in this course is health and wellness. An abundance of information will be presented on how to live a healthy lifestyle. A part of this positive, proactive approach is instruction in decision-making skills. There will be opportunities to use these skills along with the health information in relation to their own lives. This course also meets the State of Michigan requirements for HIV-AIDS education. A course outline is enclosed.

As you will see, this course includes a unit on reproductive health. The course also includes a unit on birth control. This is very important information in our nation's effort to combat the spread of HIV-AIDS through education. However, according to law (P.A. 226 of 1977) in the state of Michigan, you have the right to review the materials used in this course and to excuse your child, in writing, from participation in the class sessions dealing with reproductive health, HIV-AIDS, and birth control, if you choose.

In addition, section 1507-08 of the same act, enacted July 1, 1996, requires that once parents refuse permission for their child to participate in reproductive health information, that refusal stands until the parents inform the district, in writing, that they want their child to be given the reproductive health information. I am asking that if you wish to exercise your right to excuse your child from these sessions, please send written notice to me. The reason for the written notice is that, although the district has established a system for recording and passing along "opt out" information from level to level (elementary, middle, high school), some "opt out" instruction occurred before the system was in place. I am also requesting that you cover the material at home with your child in a manner that you feel acceptable, and that you have your son/daughter turn in the work to the teacher upon returning to personal health class.

If you have questions or concerns regarding the content of the personal health class, please contact the main office at the Ninth Grade Center.

Sincerely,

Todd Distelrath

Rob Williams

# PERSONAL HEALTH

The philosophy of the personal health class is to examine overall mental, physical, social, and emotional aspects of an individual's health. The foundation of the class is for students to learn how to make healthy choices in all areas of their life by evaluating their goals, family values, and decision-making. The following outline reflects the introduction of health concepts; however, these concepts are continually applied throughout the semester as part of a process.

## Unit 1 – Health and Wellness

**Concepts:** responsible life choices, goal setting, decision-making, personal/family history, wellness triangle, and importance of sleep

## Unit 2 – Substance Use and Abuse

**Concepts:** legal and illegal drug categories, drug interactions, drug addiction, and effects of substance abuse on the body

## Unit 3 - Emotional and Mental Health

**Concepts:** personality, heredity, stress, suicide, grief and loss, and common mental illnesses (including eating disorders)

## Unit 4 - Nutrition

**Concepts:** dietary guidelines, My Plate, food-borne illnesses, eating patterns, BMI, and reading food labels

## Unit 5 – Relationships

**Concepts:** communication, healthy and unhealthy relationships, abstinence, violence, rape, abuse, sexual harassment, and the Michigan law

## Unit 6 – Health problems and Disease Control

**Concepts:** communicable and non-communicable diseases, medical care, and cancer self-exams

## Unit 7 – Life Stages and the Reproductive Systems

**Concepts:** male and female anatomy and physiology, conception, birth control, childbirth, implications of teen pregnancy, and sexually transmitted infections