



DAKOTA HIGH SCHOOL NINTH GRADE CENTER
"Focused on Learning"

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Cougar PRIDE = Preparation, Respect, Integrity, Dedication and Empathy!

Jonathan Jones, Principal
Jason Bruveris, Assistant Principal
Melody McBride, Secretary
Caren Sprunk, Secretary



May 2022

Dear Parents/Guardians:

Your student is currently enrolled in one of our Personal Health courses. This one-semester course is required for graduation, with the emphasis of the course being health and wellness. An abundance of information will be presented on how to live a healthy life style. 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 education. For the Personal Health Course Outline please see reverse side.

The Health course offered at both high schools in our school district includes a unit on reproductive health. The curriculum includes a unit on contraception and very important information related to HIV/AIDS as part of our nation's effort to combat the spread of HIV 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, and birth control, if you choose.

In addition, section 1507-08 of the same act, enacted July 1, 1996, requires that once a parent refuses permission for their child to participate in reproductive health information, that refusal stands until the parent informs 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.**

During class sessions covering topic(s) you do not wish your child to be taught by their assigned teacher, the school will provide an alternative location for your child to work on required assignments related to the class using a classroom or electronic online copy of the Personal Health textbook. Assignments are due when your son/daughter returns to the classroom after topic(s) lessons are completed. To receive course credit, all students are required to successfully pass the final exam which includes the content of the reproductive health unit.

If you have questions or concerns regarding the content of the personal health class, please contact your child's teacher.

Sincerely,

Jonathan Jones
Principal

NOTICE OF NONDISCRIMINATION It is the policy of Chippewa Valley Schools not to discriminate on the basis of race, color, religion, national origin or ancestry, genetics, gender, age, disability, height, weight or marital status in its programs, services, activities, or employment. Inquiries related to nondiscrimination policies should be directed to: Civil Rights Coordinator, Assistant Superintendent of Human Resources, Chippewa Valley Schools Administration, 19120 Cass Avenue, Clinton Township, MI 48038 Phone: 586-723-2090 / Nondiscrimination inquiries related to disability should be directed to: Section 504 Coordinator, Director of Special Services, (same address) Phone: 586-723-2180

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 continuously 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