**ANGLOPHONE SOUTH**

SCHOOL DISTRICT **QUISPAMSIS MIDDLE SCHOOL**

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Dear Parents/Guardians:

We are pleased to inform you that we will shortly be teaching the prescribed Personal Wellness Curriculum, Grades 6-8. The curriculum consists of five and can be found at the following link: <https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/personal-wellness-6-8.pdf>

The aim of the Personal Wellness Curriculum for grades 6-8 is to enable students to make well-informed, health-enhancing choices; to develop behaviours that contribute to the well-being of themselves and others; and to plan for the future. Health education is integral to EECD’s mission and provides students with the knowledge, skills, attitudes and experiences needed to become successful learners and healthy adults. The Personal Wellness Curriculum incorporates outcomes from the formally separate Health curriculum and the Personal Development and Career Planning curriculum. Health and wellness education encourage students to manage their own well-being and make well-informed, health-enhancing choices and develop behaviours that contribute to the well-being of themselves and others. Students learn how to: communicate effectively; be resilient; identify and minimize risk; develop strategies for coping with adversity; as well as access and use support, for themselves and others. They develop an understanding of the attitudes and values that impact well-being, such as respect, care and concern for others. They recognize and explore career options and opportunities and commit to lifelong learning.

The Human Growth and Development Strand provides students with opportunities to learn how to keep themselves safe and where to go for support in their community for resources. In middle school Personal Wellness, topics include reproduction, consent, STBBIs, contraceptive, decision making about becoming sexually active, and sexual violence, which includes a range of content such as media messages and human trafficking. By the end of grade eight, students will have knowledge and be able to reflect on their attitudes, manage their well-being, and use skills that will enable them to better navigate adolescence. This curriculum is designed to promote healthy decision-making for personal well-being as well as for the greater good of society.

We encourage you to talk with your child(ren) about what they are learning in Personal Wellness and to contact the school if you need further information. Your interest and support are greatly appreciated.

If you DO NOT wish to have your child participate in the Growth and Development strand, or a particular part of it, then please complete the form below and return it to your child’s Personal Wellness or Homeroom teacher.

I do not wish my son/daughter (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to take the Growth and Development strand of the Grade 6-8 Personal Wellness Curriculum. I request that alternative arrangements be made.

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Signature of Parent/Guardian