

September 11, 2023

Dear Parent/Guardian:

Welcome to a new year of Health class at Seabrook Middle School. Everyone deserves to live a happy and healthy life! Health class at Seabrook Middle School focuses on providing students with the tools, skills and knowledge they need to make healthy choices, recognize and respond to health concerns, promote wellness, and access help and support. Lessons are based on the New Hampshire Health Education Curriculum Guidelines the National Health Education Standards (<https://www.shapeamerica.org/standards/health/>) and the National Sexuality Education Standards (<https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>). Advance notice will be given to parents prior to lessons involving sexuality or puberty and parents will have the ability to opt out their children from those topics by completing the opt out form. Students withdrawn from class during those topics will be provided with alternate curriculum and will complete their work independently in a separate location other than the health classroom. Through middle school Health curriculum, students learn about physical, social, emotional, and mental health and how to be healthy in each area of wellness. Students learn about the importance of a balanced and healthy lifestyle throughout the various stages of life. Content may change as needed to meet the individual needs of each classroom.

Students need to bring a charged chromebook, and a pen or pencil to health class. A double-pocket folder will be provided to each student and will remain in the health classroom. Students will be successful in class if they participate appropriately, are motivated to learn, come to class prepared, complete work and use teacher/rubric feedback to improve skill grades/scores. Rubrics provide students with clear expectations of how to demonstrate proficiency in health-related skills. Students who miss class should refer to google classroom and complete missed work. Missed assignments can usually be completed online and turned in virtually through google classroom.

Please review the back of this letter for a general overview of our skills/syllabus for this year.

Check out my school website <https://sites.google.com/sau21.org/mrswilkshealth/home> for additional resources and information related to health education and other important health resources.

If you have questions, please feel free to contact me at (603) 474-9221 x407 or email me at [jwilk@sau21.org](mailto:jwilk@sau21.org)

Sincerely,

Jacqueline Wilk  
Health Educator  
Seabrook Middle School

## 7th grade syllabus

### HEALTH SKILLS & TOPICS OF DISCUSSION/LEARNING UNITS

Self-Management: Positive Strategies For Coping & Improving Mental Wellness

Analyzing Influences & Goal-Setting: Body Image & The Media

Communication & Decision-Making: Substance Abuse

Core Concepts: Biological Gender, Gender Identity, Gender Expression, Sexuality & Sexual Safety

Self-Management: Recognizing Sexual Harassment & Abuse

How To Get Help, Information & Support

Goal Setting: Physical Health/Fitness

Habit of Learning Self-Direction; Management of Learning