

July 2017

Dear Parents:

The Physical Education, Health & Wellness Department is reflective of Nicolet's commitment to the excellence and the education of the whole child. The comprehensive four year program is current with research indicating the importance of making health and fitness part of everyday life.

The Personal Wellness Curriculum is a strong component for freshman students. One of the units is Human Growth and Development which is approximately eight weeks in length and will begin during the month of April. This unit was reviewed by a Parent/Community Advisory Committee. For more information, please visit our website at:
http://www.nicolet.us/academics/physical_health.cfm

The unit consists of the following topics:

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|------------------------------------|-----------------------------|
| 1. Male/female Reproductive System | 5. Birth Control |
| 2. Sexually Transmitted Diseases | 6. Pregnancy/Childbirth |
| 3. A full discussion of abstinence | 7. Behavior/Decision Making |
| 4. Relationships | 8. Sexual Assault |

As with all educational endeavors, your involvement as a parent is crucial to our success. We know that sexuality-related risks for teens decrease when communication about sexuality at home increases. To that end, please ask your child about homework assignments and classroom discussions.

Your support of this sensitive, yet extremely important subject is vital. We also understand that, for personal reasons, you may prefer your child not participate in this program. If this is true, please contact your child's guidance counselor with a written letter of exemption to the principal and we will honor your request. Your son or daughter will be assigned to a study hall for the duration of the Human Growth and Development unit to work on an alternate set of assignments.

Thank you.



Gregory Kabara, Ph.D.
Principal