



Dear Parents/Guardians,

The 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 (HGD), which will occur 4th quarter. This unit was reviewed by a Parent/Community Advisory Committee and approved by the Board of Education.

The unit primarily consists of the following topics:

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

For a more detailed description and standards alignment, please refer to the *Nicolet Human Growth and Development Unit Skills and Standards Alignment Document\**.

In addition, the HGD Advisory Committee, which included representatives from Nicolet's K-8 public school partners, created seven *K-12 Partner Schools Human Growth and Development Shared Belief Statements\**. Please review the belief statements in order to better understand the shared beliefs that drive the HGD curriculum.

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. In addition, the HGD Advisory Committee has assembled *Suggested Medically Accurate Resources for Parents/Guardians and Students\** as a resource to strengthen communication in the home.

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 all or parts of this unit.

If this is true, please contact your child's school 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

\*Resources mentioned above are accessible at [www.nicolet.us/academics/physical\\_health.cfm](http://www.nicolet.us/academics/physical_health.cfm).