**Grade 1 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **1** will learn to:

* identify body parts, including genitalia (e.g., penis, testicles, vagina, vulva), using correct terminology and body-positive language
* identify the five senses and describe how each functions
* demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at [http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html](file:///C%3A%5CUsers%5C136010%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CPBGSEP8A%5Cwww.edu.gov.on.ca%5Ceng%5Ccurriculum%5Celementary%5Chealth).

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 2 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **2** will learn to:

* outline the basic stages of human development (e.g., infant, child, adolescent, adult, older adult) and related changes, and identify physical, mental, social, and environmental factors that are important for healthy growth and living throughout life
* demonstrate the ability to identify and appreciate aspects of how their bodies work and describe what they can do to ensure that they will continue to appreciate their bodies as they grow and change
* demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 3 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **3** will learn to:

* identify the characteristics of healthy relationships (e.g., accepting and respecting differences, avoiding assumptions, being inclusive, communicating openly, establishing and respecting personal boundaries, listening, showing mutual respect and caring, being honest) and describe ways of responding to bullying and other challenges (e.g., exclusion, discrimination, peer pressure, abuse) and of communicating consent in their interactions with others
* identify factors (e.g., sleep, food, physical activity, heredity, environment, support from a caring adult, sense of belonging, peer influence) that affect physical development (e.g., of hair, skin, teeth, body size and shape), social-emotional development (e.g., of self-awareness, adaptive skills, social skills), and the development of a healthy body image (e.g., of the ability to enjoy, respect, and celebrate one’s body, to acknowledge one’s thoughts and feelings about it, to accept its shape and size and to focus instead on what it can do)
* describe how visible differences (e.g., skin, hair, and eye colour; facial features; body size and shape; physical aids or different physical abilities; clothing; possessions) and invisible differences (e.g., learning abilities, skills and talents, personal or cultural values and beliefs, mental illness, family background, personal preferences, allergies and sensitivities) make each person unique, and identify ways of showing respect for differences in others

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 4 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **4** will learn to:

* describe the physical changes that occur at puberty (e.g., growth of body hair, breast development, changes in voice and body size, production of body odour, skin changes) and the emotional and social impacts that may result from these changes
* demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty (e.g., increased importance of regular bathing/showering and regular clothing changes; use of hygiene products; continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs)

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 5 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **5** will learn to:

* identify the parts of the reproductive system, and describe how the body changes during puberty
* describe the processes of menstruation and spermatogenesis, and explain how these processes relate to reproduction and overall development
* identify intersecting factors that affect the development of a person’s self-concept, including their sexual orientation (e.g., self-awareness, self-acceptance, social environment, opinions of others who are important to them, influence of stereotypical thinking, awareness of their own strengths and needs, social competency, cultural identity, availability of support, body image, mental health and emotional well-being, physical abilities), and how these factors can support their personal health and well-being
* describe emotional and interpersonal stresses related to puberty (e.g., questions about changing bodies and feelings, adjusting to changing relationships, crushes and more intense feelings, conflicts between personal desires and cultural teachings and practices), recognize signs that could indicate mental health concerns, and identify strategies that they can apply to manage stress, build resilience, keep open communication with family members and caring adults, and enhance their mental health and emotional well-being (e.g., being active, writing feelings in a journal, accessing information about their concerns, taking action on a concern, talking to a trusted peer or adult, breathing deeply, meditating, seeking cultural advice from Elders, Métis Senators, knowledge keepers or knowledge holders)

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 6 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **6** will learn to:

* demonstrate an understanding of the impacts of viewing sexually explicit media, including pornography (e.g., leads to a limited or distorted understanding of relationships; reinforces harmful gender norms; promotes an unrealistic or idealized body image)
* describe how they can build confidence and lay a foundation for healthy relationships by acquiring a clearer understanding of the physical, social, and emotional changes that occur during adolescence (e.g., physical: voice changes, skin changes, body growth; social: changing social relationships, increasing influence of peers; emotional: increased intensity of feelings, new interest in relationships, confusion and questions about changes)
* assess the effects of stereotypes and assumptions regarding gender roles and expectations, sexual orientation, race, ethnicity, culture, mental health, and abilities on an individual’s self-concept, social inclusion, and relationships with others, and propose appropriate ways of responding to and changing harmful assumptions and stereotypes that can lead to destructive social attitudes including homophobia and racism

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 7 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

The Ministry of Education requires all school boards to inform parents/guardians when instruction related to Human Development and Sexual Health will occur in the event that parents want to exempt their child from this instruction. Your child’s class will begin instruction in Human Development and Sexual Health on or about **DATE** and end on **DATE** for the 20**YEAR** - **YEAR** school year.

**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **7** will learn to:

* explain the importance of having a shared understanding with a partner about the following: delaying sexual activity until they are older (e.g., choosing to abstain from any genital contact; choosing to abstain from vaginal or anal intercourse; choosing to abstain from oral-genital contact); the reasons for not engaging in sexual activity; the concept of consent, the legal age of consent, and how consent is communicated; and, in general, the need to communicate clearly with each other when making decisions about sexual activity in a healthy, loving relationship
* identify sexually transmitted and blood-borne infections (STBBIs), and describe their symptoms
* identify ways of preventing STBBIs and/or unplanned pregnancy, such as delaying first intercourse and other sexual activities until a person is older and using condoms and other forms of protection consistently
* demonstrate an understanding of physical, emotional, social, and cognitive factors that need to be considered when making decisions related to sexual health (e.g., sexually transmitted and blood-borne infections [STBBIs], possible side effects of contraceptives, pregnancy, protective value of vaccinations, social labelling, gender identity, gender expression, sexual orientation, self-concept issues, relationships, love, respect, desire, pleasure, cultural teachings)
* explain how relationships with others (e.g., family, peers) and sexual health may be affected by the physical and emotional changes associated with puberty (e.g., effect of physical maturation and emotional changes on family relationships; effect of growing interest in intimate relationships on peer relationships; increased risk of STBBIs and/or pregnancy with onset of sexual activity)

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal

**Grade 8 Letter to Parents/Guardians re: Human Development and Sexual Health Instruction**

Dear Parent/Guardian,

This letter is to inform you about instruction related to Human Development and Sexual Health which is component of Healthy Living Strand of the 2019 Ontario Curriculum for Health and Physical Education for Grades 1 to 8.

The Ontario Human Rights Commission has stated that all students deserve to see themselves and their families reflected in Ontario’s mandatory curriculum, and should receive the information necessary to protect their health and well-being. We are committed to creating inclusive learning environments where all students’ identities and lived experiences are respected and ensuring principles of safety, access, human rights, equity, acceptance, health and well-being.

Education related to Human Development and Sexual Health is taught in a developmentally appropriate manner and delivered to meet the learning needs of students at different ages. The goal of this learning is to provide students with accurate information and to help them build the skills they need to develop personal responsibility for lifelong health, contribute to an inclusive school culture and make responsible choices that protect them from potential harm.

Families are encouraged to have regular conversations with their children about healthy living and make discuss the topics listed below with their child during the period of instruction.

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**The Ministry of Education’s Expectations for Human Development and Sexual Health**

Children in Grade **8** will learn to:

* identify and explain factors that can affect an individual’s decisions about sexual activity (e.g., previous thinking about reasons to wait, including making a choice to delay sexual activity and establishing personal limits; perceived personal readiness; peer pressure; desire; curiosity; self-concept; awareness and acceptance of gender identity and sexual orientation; physical or cognitive disabilities and possible associated assumptions; legal concerns such as the legal age of consent; awareness of the risk of sexually transmitted and blood-borne infections [STBBIs]; concerns about the risk of becoming a parent; use of alcohol or drugs; personal or family values; religious beliefs; cultural teachings; access to information; media messages), and identify sources of support regarding sexual health (e.g., a health professional [doctor, nurse, public health practitioner], a teacher, a guidance counsellor, a religious leader, a parent or other trusted adult, a reputable website)
* demonstrate an understanding of gender identity (e.g., male, female, Two-Spirit, transgender), gender expression, and sexual orientation (e.g., heterosexual, gay, lesbian, bisexual, pansexual, asexual), and identify factors that can help individuals of all identities and orientations develop a positive self-concept
* demonstrate the ability to assess situations for potential dangers (e.g., getting into a car with a stranger or an impaired, unlicensed, or inexperienced driver; dependencies or coercion in dating relationships; joining gangs; participating in violence; attending a party where alcohol or drugs are being used; using cosmetic procedures or treatments such as piercing, tattooing, crash diets, or tanning without exploring potential health risks; exposure to infectious diseases through direct contact, sneezing, or coughing), and apply strategies for avoiding dangerous situations
* analyse the attractions and benefits associated with being in a healthy relationship (e.g., support, understanding, camaraderie, pleasure), as well as the benefits, risks, and drawbacks, for themselves and others, of relationships involving different degrees of sexual intimacy (e.g., hurt when relationships end or trust is broken; in more sexually intimate relationships, risk of STBBIs and related risk to future fertility, becoming a parent before you are ready, sexual harassment and exploitation; potential for dating violence)

The Ministry of Education provides additional information about Human Development and Sexual Health on their website at <http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>.

It is important to note that the exemption does not include topics raised outside of the health curriculum and that the Board, aligned with its commitment to equity and human rights, will continue to focus on respecting diversity, promoting inclusive education and identifying and eliminating discriminatory bias in other school programs and activities.

We encourage you to ask any questions about instruction in Human Development and Sexual Health to your child's teacher or principal before deciding to exempt your child.

Complete the Exemption Form (attached) if you decide to exempt your child from learning the expectations listed in this letter. Return the form to the school prior to five days before instruction in Human Development and Sexual Health is scheduled to begin in your child’s classroom.

Sincerely,

Principal