

## Midlakes MS/HS Health Education

Dear Parents/Students,

With the extended school closure, we will begin introducing new content in health classes. High school classes will start with the Sex Education Unit. Middle School classes will start with Drug Education. If there is another closure extension past April 28, we will also complete additional units. All of our course content will be found on **Schoology**. All information regarding health will be updated regularly, including due dates and how to turn in assignments.

For 7<sup>th</sup> grade health credit, the following will be required:

- Check Schoology Regularly for assignment turn in dates
- Drug Unit Packet
  - Packet completion dates will be updated on Schoology under posts/messages.
  - Submission details will be updated as needed.
- Reproductive Health Unit Packet
  - If we continue with distant learning, the same format will apply

For 9<sup>th</sup> grade health credit, the following will be required:

- Check Schoology Regularly for assignment turn in dates
- Sex Ed Unit packet (if possible - print out to complete OR use stylus on iPad to record answers and then screenshot and submit, or use a lined sheet of paper to record answers)
- Use Sexuality PowerPoint to complete packet
- Zoom meetings on Monday at 10 a.m. – check in Schoology for link to join!
  - These meetings will be used to briefly cover main topics as well as have a time to discuss and ask questions.
- Drug Unit
  - Info will be updated on Schoology after completing Sex Ed Unit

We understand that this situation is unprecedented. Please do the best you can to complete essential assignments so that you can receive health credit. If you have any questions, please do not hesitate to email your health teacher.

We know that this may be a stressful time for some of you. Please try to implement some of the stress relief techniques we have been discussing in class. It is very important to take care of your physical and mental well-being. Eat healthy, drink water, get 8 hours of sleep, and try to be physically active every day!

Be well!

Ms. Wescott & Mrs. Sullivan

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