



Dear Parents/Guardians:

The Physical Education/Health Curriculum has been developed to provide students with the knowledge and skills to make healthy lifestyle decisions and choices. The curriculum has been developed by teams of educators and medical practitioners and has been approved by the Minister of Education for use in Manitoba schools.

This mandatory curriculum deals with movement, fitness management, personal safety, personal and social management, and healthy lifestyle practices. Units that may be of particular interest to **Middle Years** parents/guardians are those dealing with Safety of Self and Others, Substance Use and Abuse Prevention, and Human Sexuality.

Parents/guardians can find further information on the Physical Education/Health Curriculum through the Manitoba Education website at www.edu.gov.mb.ca/ks4/cur/physhlth, or by requesting the opportunity to view the curriculum guide from your student's teacher.

Parents/guardians may, if they wish, provide for alternative delivery of the units: Safety of Self and Others, Substance Use and Abuse Prevention, and Human Sexuality. Should a parent or guardian wish to exercise this option, a letter of explanation outlining the alternative programming to be delivered must be provided to the school. Students receiving such alternate delivery of programming will be required to undertake testing similar to all other students. If you wish to provide the delivery of any of the aforementioned units yourself, or have any questions pertaining to the curriculum, please contact your student's school.

Sincerely,

Classroom Teacher

School Administrator