

Parent/Guardian HEALTH TEKS - PLEASE RETURN THIS PERMISSION FORM BY FRIDAY, SEPTEMBER 15

Dear Parent/Guardian,

Please be advised that the Texas Education Knowledge and Skills- (TEKS) have additional Student Expectations- (SE.) The six areas consist of: Physical Health and Hygiene / Mental Health and Wellness /Healthy Eating and Physical Activity /Injury and Violence Prevention /Alcohol, Tobacco, and other Drugs / Reproductive and Sexual Health

Frankston Independent School District will be facilitating ESTEEM in grades 6 through 9.

Trained teachers or other qualified staff from your school district and ESTEEM will be delivering the curriculum.

Students will receive:

Workbook A – Fall Semester (taken home to parents/guardians after completion)

Lesson 1: Personal health- Eleven body systems.

Lesson 2: Physical health and Hygiene-health literacy, communicable and non-communicable disease.

Lesson 3: Healthy eating & physical activity- major nutrients, food label, physical basics

Lesson 4: Healthy eating, dietary choices, injury prevention, first aid, CPR

Lesson 5: Goals - career choices, internal/external factors, success sequence, distractions, overcoming.

Lesson 6: Communication, emotional intelligence, conflict resolution steps, apology/timeout steps

Lesson 7: Mental health, brain development, depression, refusal skills, resiliency, personal boundaries

Lesson 8: Relationships, friends, dating, end unhealthy relationships, positive peer influence, bullying.

Lesson 9: Substance/addiction, vaping, opioids, fentanyl, brain development, treatment, peer influence

Workbook B – Spring Semester (taken home to parents/guardians after completion)

Please INITIAL next to each lesson that your child CAN ATTEND.

____ **Lesson 10:** Puberty, emotional/physical changes, brain/human/fetal development, reproduction

____ **Lesson 11:** Teen pregnancy, abstinence, STIs, emotional consequences, avoidance- benefits, family support

____ **Lesson 12:** Laws, abuse/reporting, gangs, weapons, trafficking, safety plan, family/dating violence

____ **Lesson 13:** Media influence, social media, sexting, pornography, cyberbullying, online trafficking

____ **Lesson 14:** Goals review, dating/marriage, benefits of waiting, success sequence, character contracts

*The district will be separating the boys and girls for Lesson 10 and 11 (and possibly more lessons).

Research shows that parent engagement in their child’s decision-making skills is closely linked to better behavior, higher academic achievement, and enhanced social skills. Parent engagement also increases the likelihood that children and adolescents will avoid unhealthy behaviors.

We will have a Parent Preview Night on Wednesday, September 13th at 6pm in the High School Commons.

Parents can come and go, ask questions, review workbooks, receive a resource packet and Continuing Conversation worksheets.

All parents must attend parent preview night. If unable to attend, the parent information video must be watched (see below).

You are welcome to review workbooks located at your child’s campus office. Continuing Conversation and Resource Packet are on the district SHAC tab under health services. To watch a Parent information video visit <https://mercymenor.com/esteem>.

If you have given permission for your child to receive Lessons 10 - 14 they will be given a Voluntary and Anonymous survey before/after the program to assess their understanding of the lessons.

For more information email Mrs. McGuffey at kimmcguffey@frankstonisd.net

Child’s Name: _____ Date: _____

Parent/Guardian signature: _____ Cell #: _____ Date: _____