

September 1, 2026

Dear Parent/Guardian,

This is an informational letter concerning the Health Curriculum for boys and girls in seventh & eighth grade. We, the PE/Health department, would like to inform you of the dates and topics that will be covered in our health unit. In reference to the human sexuality section of health, we follow an abstinence-based curriculum. The topics and dates are below.

Attached you will find a form that provides you with the **option of removing** your child from **the human sexuality section of the course only**. If you choose this option an alternate course of study will be provided by the instructor for the time we are teaching human sexuality. The alternate course of study will include: research of a health-related topic and presentation of such alternate, chapter readings, worksheets and tests. This form needs to be signed and returned to your child's instructor by Friday, October 2, 2026. If you have any questions please feel free to contact your child's instructor.

Health Dates:

7th & 8th grade girls – October 15th – November 30th

7th & 8th grade boys – November 30 – January 22nd

8th Grade Health Curriculum

- *Reproduction & Heredity
- *Making Healthy Food Choices
- *Adolescence & Adulthood
- *Sexually Transmitted Infections & AIDS
- *Food & Nutrition
- *Making Healthy Food Choices

7th Grade Health Curriculum

- *Exercise & Lifelong Care
- *Movement and Coordination
- *Preventing Drug Abuse
- *Alcohol
- *Tobacco
- *Reproductive Anatomy
- *Preventing Injury

Sincerely,

Pam Pitko	Thomas Lowe
PE/Health Instructor	PE/Health Instructor

**EUREKA JUNIOR SENIOR HIGH SCHOOL
HEALTH CURRICULUM
OPTION TO REMOVE STUDENT FORM**

I would like to **remove** my son/daughter _____ from the human sexuality section of the Health Curriculum Course for the current school year 2025-2026. I understand that he/she will be provided with an alternate course of study, which will include research, and presentation of a topic, readings, worksheets, tests and other homework assignments. My signature is below.

This form must be returned to the teacher by October 2nd, 2026.

Parent's signature

date

***Return this form ONLY if you are removing your child from the 7th or 8th grade Human Sexuality portion of the class.**