



Sarah Huizenga  
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August 2023

Dear 7<sup>th</sup> and 8<sup>th</sup> grade Parents/Guardians,

We offer health education classes at Cityside Middle School. These classes deal with the topic of adolescent growth and change. An effort is made to help the students understand themselves and the issues they will face in their teen years. The following classes include this adolescent growth information; please review your child's schedule to see if they are enrolled.

**Challenges** - Most 7<sup>th</sup> graders are scheduled in this 9 week class (either 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> term). \*See below if your child does not have Challenges on their schedule.

**9<sup>th</sup> PE and Health** - 8<sup>th</sup> grade students could choose to take this course for high school credit.

If your child is enrolled in one of these classes, please be informed that adolescent issues regarding reproductive health are a part of the instruction. You should know that the idea of abstinence until marriage is presented as healthy behavior and an Advisory Board composed of local parents, clergy, medical professionals and educators supervises the reproductive health portion of the course.

\*In accordance with Michigan law, school districts in the State of Michigan are required to teach about dangerous communicable diseases, including HIV/AIDS. Instruction regarding HIV/AIDS must be offered at least once a year at every building level (elementary, middle/junior, senior high school). The content at the middle school level includes: what HIV is and how it is transmitted, behaviors that increase the risk of infection, prevention and where to go for help. This curriculum will be delivered through two closed DEAL sessions during March for those students who are not enrolled in Challenges but need to meet this requirement.

You do have the right to excuse your child from the reproductive health or the HIV/AIDS portions of the course of study; they will be placed in an alternative setting or class during the marking period (Challenges) or unit (9<sup>th</sup> PE and Health). If you wish to exercise this right, please send a signed written notice by September 8, 2023 to:

**Sarah Huizenga, Principal  
Cityside Middle School  
320 East Main Avenue  
Zeeland, MI 49464**

Your child's grade will not be affected if you choose to exempt him or her from these topics/unit of instruction. If you have unanswered questions about the class or if you wish to examine any of the materials, you are encouraged to contact me or speak with the instructor Veronica Gauthier. Thank you for partnering with us in your child's education.

Sincerely,

Sarah Huizenga  
Principal

*"Together we value the experience of Lifelong Learning"*