



Notification Health Education Units

North Wasco County School District

North Wasco County School District is committed to supporting every student's health, safety, and well-being. A key part of this commitment is helping students build health literacy, which includes the skills to access, understand, appraise, apply, and advocate for health information and services to maintain or enhance their own health and the health of others.

As part of our health education curriculum, your student will receive instruction in several key health units this school year. These lessons are designed to be age-appropriate, inclusive, and aligned with state and district requirements.

Oregon Statutes, District Policy, and Implementation Plan

Oregon law requires schools to provide comprehensive, medically accurate sexuality education, as outlined in ORS 336.455, ORS 339.366, and ORS 336.059. These laws align with the Oregon Department of Education's (ODE) Human Sexuality Administrative Rule. Under these requirements, school districts must implement a comprehensive human sexuality education plan that ensures students learn about healthy relationships, consent, personal safety, and violence prevention in ways that are developmentally appropriate and inclusive of their diverse identities.

NWCSD Board Policy IGAI requires students to receive comprehensive health education annually in grades K–8 and for two semesters in grades 9-12.

Partnering With Families

We value parents and guardians as students' first educators and we are committed to partnering with you to provide supplementary resources to support you in this role.

- *Preview Curriculum:* You may preview the curriculum at any time on the district website or by contacting your student's teacher.
- *Opt-Out Rights:* You may opt your student out of specific lessons per Oregon Revised Statutes.
- *Support Plans:* If your student has experiences that may make certain topics difficult, please contact the teacher or school counselor to discuss a support plan.

Kindergarten Opt-Out Form

Please review the overview of each unit below. If you do not want your student to participate in a specific unit, please place your initials in the "Opt-Out" box and return the completed form to your student's teacher.

Health Education Unit & Topics	Opt-Out Initials
Injury Prevention & Personal Safety: Safety rules and helpers; routines for fire, storms, and floods; safe and unsafe play; personal safety; refusal skills; and safe/unsafe touches.	
Nutrition: Healthful food choices; safe food handling; cultural, familial, and individual preferences; food groups; and the food needs of living things.	
Functions of the Body: Care routines for the five senses; heeding body signals; self-awareness; respecting self and others; and the impact of drugs on the body.	
Growth and Development/Cycle of Family Life: Defining family and team; identifying love, trust, and caring; family similarities and differences; family rules and jobs.	
Disease & Illness Prevention: Roles of doctors, dentists, and nurses; good hygiene; medicine rules; and understanding communicable vs. non-communicable diseases.	
Substance Abuse Prevention: Defining drugs and medicines; identifying dangerous substances (tobacco, alcohol); following drug safety rules; and refusal skills.	
Community Health and Safety (Violence Prevention): Community helpers; rules and laws; safety routines to avoid danger; bully prevention; and conflict resolution.	
Self Worth, Mental and Emotional Health: Identifying personal talents and feelings; methods of communication; making friends; and self-management of emotions.	
Environmental and Consumer Health: Good citizenship; routines for a clean environment; types of pollution; and how to access health services/products.	
Physical Fitness: Choosing heart-healthy activities; physical activity guidelines; benefits of exercise on heart/muscles; and good sportsmanship.	

Guardian Name: _____

Student Name: _____

Guardian Signature: _____ Date: _____