



Burnaby Mountain Secondary School

September 21, 2017

To the Parents and guardians of grade 8 & 9 PE students

Re: Health Education

British Columbia's Physical & Health Education curriculum includes information on self-awareness, self-care, mental well-being, and healthy relationships. Students will learn about the consequences of unhealthy choices and the optional choices that they can make to keep them healthy and safe.

As the family is the primary educator in the development of a child's attitudes, standards, and values, it is important that you are aware of the content of this curriculum. It will include the following topics:

- Social & Community Health (bullying, discrimination, healthy relationships)
 - strategies for promoting the school and community
- Mental Well-Being (stress, puberty, sexually transmitted infections, substance use)
 - Impact of transition and change on identities
- Healthy and Active Living (nutrition, health messages, goal setting)
 - Understand how to maintain health components of fitness
- Physical Literacy (Heart Rate lab, FITT principle, Fitness components)
 - Monitoring exertion levels in physical activity

If you are uncomfortable with your child participating when particular topics are discussed, please contact us so that we can arrange for alternative delivery options. Additionally, if you have any further questions, we look forward to hearing from you.

Thank you

Physical Education Department

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