

MURRAY AVENUE SCHOOL

Mamaroneck Schools



Jennifer Monaco, Principal

250 Murray Avenue

Colleen Melnyk, Assistant Principal

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Dear Fifth Grade Parents,

Our fifth graders will be participating in Health Education over the next several months. The focus of the elementary Health curriculum is to foster and develop fundamental attitudes, knowledge, and behaviors. The curriculum emphasizes respect for our bodies and constructive decision making regarding social and emotional health as well. There are five units and each unit consists of two lessons. The units are:

1. Healthy Habits – Hygiene, check-ups, daily routines and decision making
2. Disease – How germs spread, washing hands, ways to prevent illness
3. Nutrition – Food plate and pyramid, choosing healthy snacks, reading food labels
4. Substance Abuse – dangers of tobacco, alcohol and drugs, peer pressure
5. Growth and Development – Overview of reproductive systems and body changes

Our Physical Education teacher, Mr. Zenie, will be teaching the first four units to each class, with the boys and girls together. Prior to each unit, an email will be sent home from your child's classroom teacher giving more specifics about the information that will be covered. For our final unit, Growth and Development, the boys and girls will be separated for the two lessons. Mr. Zenie will teach the lessons to the boys and Ms. Dwyer will teach the lessons to the girls. We have found that the students feel more comfortable and will speak more freely with this model.

If you would like your child to not participate in the two lessons on Growth and Development, please email both Mr. Zenie and me.

If you have any questions, please feel free to contact Mr. Zenie, Ms. Bari Suman, Director of Health, Physical Education and Athletics, or me.

Sincerely,

Jennifer Monaco

Jennifer Monaco
Principal