Northern Trails 5/6 School
Bill Cataldo, Principal
3777 Leonard St. NE • Grand Rapids, MI 49525
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Home of the Huskies

Dear Families of Fifth and Sixth Graders:

Your student(s) will be offered the opportunity to participate in learning sessions on adolescent health. While much of the content delivered to both fifth and sixth grade is similar, there are several differences. For example, all fifth graders, whether male or female, will be introduced to material specific to their own gender. Sixth graders, however, will also learn about some of the changes experienced by their opposite gender. Additionally, sixth graders **(only)** also learn about the risks and prevention of communicable diseases, including HIV and AIDS, as required by state law. These lessons are aligned with the Michigan Grade Level Content Expectations (GLCEs) for health education.

Additional health content standards will also be taught, including:

- Defining and identifying basic reproductive anatomy using scientific names
- Functions of basic male and female reproductive anatomy
- Physical changes that occur during puberty
- Proper hygiene and personal care
- Body safety

The following videos will also be utilized:

- *Just Around the Corner for Boys* OR *Just Around the Corner for Girls* **(5th grade)**
- *Straight Talk About Puberty for Girls* OR *Straight Talk About Puberty for Boys* **(6th grade)**
- *AIDS: Facts for Kids* **(6th grade)**

These lessons are approximately 1 hour for fifth grade, and 1 and ½ hours for sixth grade in a single-sex setting for increased comfort of the students while learning about these sensitive topics. The lessons will take place during the school day on the following dates:

6th Grade

- **Wednesday, December 16, 2026**
- **Friday, December 18, 2026**

5th Grade

- **Thursday, December 17, 2026**

You are invited to attend an optional meeting for parents/guardians to review the health curriculum. This meeting will be held in the Northern Trails Media Center on **December 1, 2026** from **5:30-6:30 pm**.

Alternatively, if you wish to review the materials prior to the delivery of the lessons, please contact our school office at (616) 493-8990 to arrange a time to do so.

Under state law, parent(s)/guardian(s) have the right to exclude their children from participating in these lessons without academic penalty. The form below must be used if you wish to exclude your student from participating in these lessons. Please return this form to **Mrs. Bissell, in the front office** by **December 11, 2026.**

****SEE BACK****

IMPORTANT NOTE: *If this form is not returned, your child will participate in the health lessons for their grade level.*

Please check all that apply and return to **Northern Trails** on or before **December 11, 2026.**

☐ I do not wish for my child to participate in the fifth- or sixth-grade health lesson(s).

Full Name of Student:_____
Please print

Parent/Guardian Name:_____
Please print

Parent/Guardian Signature:_____ Date:_____

FOREST HILLS