



Dear Parent or Guardian:

Iowa Code 279.5 requires all Iowa school districts to provide instruction in human growth and development. Your child will receive this instruction as part of the Southeast Polk Community School District's overall health education curriculum for Kindergarten through 5th grade. Guidance and the Iowa Academic Standards for Health Education may be found at the links below.

[Guidance for Health Education Standards](#)

[Iowa Academic Standards for Health Education](#)

Depending on your child's grade level, topics may include:

- Healthy Emotional and Social Habits
- Personal Safety
- Self-Esteem
- Interpersonal Relationships
- Stress Management
- Puberty – Physical and Emotional Changes (4th/5th)
- Human Reproduction (4th/5th)
- HIV/AIDS (5th)

You are welcome to contact your child's teacher to preview the lessons we'll be teaching your student.

The Southeast Polk Community School District acknowledges that parents/guardians are the primary human growth and development educators for their child/children and we are committed to partnering with you to provide supplementary resources to support you in this role, if you so desire.

Parents/guardians have the option of excluding their child from any portion of human growth and development instruction if it is in conflict with the student's religious beliefs (Iowa Code section 256.11{6}). If this is the case with your child, you may fill out the [Human Growth and Development Student Excused from Instruction](#) form and return to your student's principal.

Sincerely,

Dr. Jo Ellen Latham
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