



1st Grade Health Education

Dear Parent/Guardian:

Health Education provides students with the knowledge and skills they need to be healthy throughout their lifetime. Florida law requires the teaching of Comprehensive Health Education in grades K-12 under Florida State statute 1003.42 (2)(n)-Required Instruction. The intent of a comprehensive health education program is to motivate students to maintain and improve their health, prevent disease, and avoid or reduce health related risk behaviors.

The comprehensive health education curriculum for Duval County Public Schools (DCPS) will cover the following content areas:

- Emotional & Mental Health
- Personal Health & Wellness
- Injury & Violence Prevention
- Nutrition & Physical Activity
- Tobacco & Alcohol Prevention
- Human Trafficking
- Character Education

Included in these content areas, recent State Board of Education rulings have strengthened requirements for instructional time and content in Mental and Emotional Health Education; Substance Use and Abuse Education; and Child Trafficking and Prevention Education. In accordance with these rulings, additional curricula/lessons have been created to meet these requirements and will be covered over the course of the year.

Parental/guardian involvement is a very important component when covering health-related topics. Such involvement can help make the information, skills, and strategies more personal and meaningful to the child. These lessons encourage parent/guardian-child dialogue to provide an opportunity for discussion of the family's values and beliefs. The dialogue can be a catalyst to enhance overall parent/guardian-child communication.

For more information, go to the following link <https://bit.ly/3zSgwrG> or scan the QR code. Information about State Board of Education rulings, district policy, curriculum overviews, and contact information related to Comprehensive Health Education can be found there. If you have any questions, please contact your child's teacher, school principal or, district health specialist at hepe@duvalschools.org.



Sincerely,

(Principal's Name/Signature)

(Classroom Teacher's Name/Signature)