

Dear Parents and Caregivers,

At [INSERT NAME OF SCHOOL], we recognize that the best outcomes for kids happen when families and schools work together—and our upcoming health education unit is no exception. This letter serves to outline the topics your [INSERT GRADE LEVEL] student will learn about over the next [INSERT DURATION OF UNIT] and invite you in as a true partner in this work.

Every family approaches conversations about health and wellness differently. We honor that diversity while at the same time acknowledging the decades of [research](#) and [data](#) documenting the [benefits of school-based health education](#): it improves academic performance, reduces risky behaviors, and helps kids feel more confident seeking support when they need it. These lessons are designed to complement conversations at home to empower students to grow into successful learners and healthy adults.

For students in Kindergarten through 3rd grade, health education aims to build a strong, age-appropriate foundation that meets learners where they are physically, socially, and emotionally. That's why we begin with fundamentals like [hygiene](#), [safety](#), body systems, and [emotional regulation](#). Introducing these concepts in a safe and supportive classroom environment and scaffolding them over time helps foster trust between students and the caring adults in their lives. As topics grow more complex in later grades, students will be equipped with the language and relationships to navigate them with confidence. Health education is as protective as it is informative: studies from the American Academy of Pediatrics show children who can name their body parts are [less likely to experience predatory harm](#) and more likely to advocate for their own health.

This year, we will be using [That Health Class](#), a curriculum developed by two nationally recognized leaders in puberty education: pediatrician Dr. Cara Natterson and educator Vanessa Kroll Bennett. Cara is a *New York Times* bestselling author of *The Care and Keeping of You* series and *Guy Stuff* and together she and Vanessa authored *This Is So Awkward: Modern Puberty Explained*. They also co-host the [This Is So Awkward Podcast](#), which covers the wide range of topics that matter to the trusted adults caring for kids from 8 to 18. Both their book and their podcast are excellent resources if you'd like to explore these topics further at home.

For [INSERT GRADE LEVEL] students, our unit will cover:

- [TOPIC]
- [TOPIC]
- [TOPIC]

We will keep you informed as we move through the lessons. Please don't hesitate to reach out to [INSERT NAME] at [INSERT EMAIL] with your questions, reflections, and feedback along the way.

Sincerely,
[INSERT NAME]