



## MELROSE PUBLIC SCHOOLS

Administrative Offices  
360 Lynn Fells Parkway  
Melrose, MA 02176

*Patricia Muxie*  
Director of Curriculum

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To: All Staff, Interested Community Members  
From: Pat Muxie  
Re: Comprehensive Health Program Review  
September 2, 2010

Welcome to the new school year! In preparation of an upcoming review of our Comprehensive Health Program, we will be assembling a team of interested staff and community members to review our current programs, collect some preliminary data, and look at new materials/programs which are research-based, support the guiding principals of the Massachusetts Comprehensive Health Curriculum Frameworks, and align well with those frameworks.

The Centers for Disease Control (CDC) and Prevention's key elements of a comprehensive health education include:

- 1) A documented, planned, and sequential program of health instruction for students in Grades Pre-K-12
- 2) A curriculum that addresses and integrates education about a wide range of health issues in a developmentally appropriate way
- 3) Activities that help young people develop skills they need to avoid unhealthy choices and unintentional injuries
- 4) Instruction provided for a prescribed amount of time at each grade level
- 5) Program coordination and instruction provided by a trained professionals
- 6) Involvement of parents, health professionals, and other concerned community members
- 7) Periodic evaluation, updating, and improvement. ( from...Centers for Disease Control and Prevention-*Comprehensive School Health Education*)

If you are interested in participating as an active member on the Comprehensive Health Curriculum Committee, please return the slip below to Denise Jones in the Central Administrative Offices of the Melrose Public Schools, 360 Lynn Fells Parkway, by September 30<sup>th</sup>. Teachers who are participants will receive a minimum of 10 PDPs for their participation, applicable to an upgrade or good towards recertification efforts.

We hope to have a committee with good representation from a wide variety of grade levels. We'd also like to have parents, administrators, community members, and health professionals on the committee. Thank-you for your consideration.

Sincerely,

Pat Muxie

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### COMPREHENSIVE HEALTH PROGRAM COMMITTEE

Yes, I am interested in promoting a comprehensive health curriculum for the students of the Melrose Public School District.

Name: \_\_\_\_\_

School : \_\_\_\_\_

Grade Level (if you are a teacher in our district): \_\_\_\_\_

Phone: \_\_\_\_\_

Best e-mail address: \_\_\_\_\_