

Wredling Middle School
Physical Education and Health Department
2011-2012

Health Curriculum

The District #303 Middle School Health teachers have invested many hours developing a middle school curriculum that meets both District and State of Illinois standards in Health and Wellness. By the time your child graduates from Wredling, they will have completed eighteen weeks of Health Education. During the course of the year each student will attend Health for 6 weeks during their PE class. Please check with your child to see when they will be in Health.

The Health curriculum covers the following topics:

- Sixth Grade: Drug Education (Project Alert), Social Interactions/Conflict Resolution, and Depression/Suicide Prevention
- Seventh Grade: Body Systems, Environmental Health, First Aid, Health Careers, and Depression/Suicide Prevention
- Eighth Grade: Nutrition, Drug Education, Abstinence (Project Reality), and Depression/Suicide Prevention

If you have any questions about the health curriculum please contact Katie Vieluf or Christine White!