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Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow

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Dear Parent(s) or Guardian(s),

This year, as part of your child's Health and Wellness curriculum in grades three, four, and five, they will be taught a health component using a comprehensive health curriculum entitled, "Health and Wellness" by Macmillan/McGraw-Hill. We believe your child(ren) will benefit from this chosen curriculum as well as enjoy the lessons. An exciting update to share, this year, health will have its own class time! Students in each grade will have health for ten 30 minute classes separate from physical education time. At Killam, the 3rd-5th graders will each have one term of health and wellness lessons.

Topics covered by "Health and Wellness" will include areas from the following units, and will be presented in an age appropriate manner:

- Mental, Emotional, Family, and Social Health
- Growth and Nutrition
- Personal Health and Safety
- Drugs and Disease Prevention
- Community and Environmental Health

We hope that offering this curriculum will prove to be engaging and informative for you and your child. Thank you for supporting your child's Health Education!

Your Elementary Health & Wellness Teachers,
Sarah Atwood, Michelle Hopkinson, Daniela Galdo, Patrick McCracken, & Chris Bauer