

Dear Parents/Guardians,

Greetings from the UMS Health and Physical Education staff. We are excited to welcome your children to the new school year and provide them with a positive experience which will ultimately lead to a lifetime of health and wellness. In order to accomplish this, all students need to fully participate in appropriate attire and have a positive attitude! Appropriate attire includes a change of clothing from what was worn to school which includes athletic wear and shoes. Classes will be held outdoors during the fall and spring months so weather should be a consideration.

Our comprehensive Health and Physical Education curriculum can be found on our district website [HERE](#), and general information about our program can be found on our school website [HERE](#). Our middle school physical education units include a variety of lifetime activities, team sports and fitness based activities. Our 7th and 8th grade students will also take a health course with topics taught in each grade level in accordance with state standards and the district curriculum. *As per policy, parents have the right to have their child excused from any part of instruction in health, family life education, or sex education which may be in conflict with their conscience or sincerely held moral or religious beliefs.*

For specific information related to the topics/units taught in each health course, you can browse the curriculum site referenced above. If you have identified a conflict and wish to have your child excused from any units of instruction in health class, you must communicate via email directly with the principal. Health classes will begin on November 13, 2023 for the first group so please send your request by October 13, 2023. An administrator may contact you to clarify any concerns and confirm receipt of the request.

Please contact us directly if there is anything we can do to better support your child, have questions about the program, or just want to share some positive feedback on your child's experience.

Your Upper Middle School Health and Physical Education Team,

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Upper Middle School Principal - Raquel Rivera ([rrivera@mtsd.us](mailto:rrivera@mtsd.us))

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