



Monticello Central School District

237 Forestburgh Road + Monticello, New York 12701
845.794.7700 (o) + 845.794.7710 (f) + WWW.MONTICELLOSCHOOLS.NET

Dr. Patrick Michel, Superintendent
Alyce c. van etten, President - Board of Education

Douglas E. Murphy
Director of Physical Education,
Health and Athletics
dmurphy@k12mcsd.net

Building Excellence Through Trust

Dear Parent(s)/Legal Guardian,

Your high school/RJK middle school student will receive instruction in Health and Wellness this year. This is a course that has been developed with the philosophy to empower the student to develop the required knowledge, skills and attitude so that they may develop decision making skills to have and maintain life-long health and wellness.

The class will discuss human growth and development, going over accurate information about the body and what a teenager may go through as they continue to mature. It will stress abstinence as the most appropriate method of prevention against pregnancy as well as sexually transmitted diseases/infections, which is consistent with community values. This instruction contains information concerning puberty, human reproduction, sexually transmitted diseases, teen pregnancy, and ways to prevent pregnancy and disease, and personal safety. Again, the class stresses abstinence as the best and most effective method of prevention.

If you have any questions, please contact me either by phone, or email;

Ryan Cunningham RJK- Grades 6-8, rcunningham@k12mcsd.net

Amanda Hinkley RJK- Grades 6-8, ahinkley@k12mcsd.net

Katie Alvarez MHS- Grades 10-12, kalvarez@k12mcsd.net