



St. Stanislaus Kostka School

"Do not walk through time without leaving worthy evidence of your passage." Saint John XXIII

Mrs. Elena Malinconico
Principal

www.sskschool.org
732-254-5819

August 31, 2015

Dear Middle School Parents:

We are pleased that St. Peter's University Hospital will once again be sponsoring **Project Respect Ed** for students in grades 6, 7, and 8. We have asked St. Peter's to execute this program in the fall this year. Classes will be held on Sept. 10, 17, 24 Oct. 1, and 8. The students will learn about the changes and challenges they will experience during adolescence in a series of five classes, one class per week, for five weeks for each grade level. Project Respect Ed promotes respect for self and others through class presentations, discussions, worksheets, and parent discussions. We encourage students to make healthy decisions, including abstinence from sexual activity until marriage. All of this is taught from a Catholic perspective by Catholic teaching nurses from St. Peter's, a hospital within the Diocese of Metuchen.

Beginning in sixth grade with an overview of puberty and human fertility, the students' needs are addressed for information and assurance that are part of these years of great physical, emotional, and social change. Seventh-grade students will learn more about hormones and their effects on emotions. A focus is made on the development of values and emotional maturity through positive self-worth; saying "no" to peers, media and cultural pressures to engage in sexual activity, and recognizing and avoiding risk-taking situations. For eighth-grade students, the focus is on social maturity. They discuss the importance of friendships, setting limits on dating relationships, avoiding the consequences of teen sexual activity (sexually transmitted diseases, pregnancy, emotional harm), and the benefits of choosing abstinence until marriage. Projects, homework and tests are given as part of this program that will count towards their religion grade.

It is very important for parents to be involved in their children's lives at this time. You are encouraged to discuss the topics covered in this program at home with your child. Each student is given homework assignments to do with a parent. These will involve your child asking you questions and writing down your answers. Please use this opportunity to share your values and expectations with your child.

I feel that this is an excellent program for our children. It encourages them to come to their parents first when situations occur, since they will have already become comfortable with open communication with you through this program. The role of parents as the primary educators for children in the area of human sexuality and family life is affirmed and supported. Also, boys and girls are separated during instructional time, which results in children feeling less embarrassed about discussing topics with the Catholic teaching nurses.

If you have any questions concerning this program, please feel free to call the school office or the Coordinator of the Program, Rosemary Kern, M.H.A., at (732) 745-8600, ext. 8862.

Sincerely,

Elena Malinconico, Principal