

Bonny Eagle Middle School
Sixth Grade Health Class

Dear Students and Parents,

Welcome to Bonny Eagle Middle School. Mrs. Ventura and Mrs. Chabot-Boucher are the two health teachers here at the middle school and we look forward to working with the sixth grade students, and teaching them about healthy lifestyle choices. We also encourage interest and support from families.

The sixth grade health class meets everyday, for forty-five minutes, for one quarter. During this time there will be many different topics discussed to help prepare students for the upcoming changes, and challenges they will face. Some of these topics include Stress, what it is and how to manage it, nutrition and eating smart, staying safe at school and home, and human reproduction. I encourage students and parents to discuss the material learned in class, at home.

It is my hope that students will use what they have learned in health class to guide them in making responsible and healthy decisions. This is a very critical time for students to begin to develop healthy habits that will carry them through their lives. If there are any questions, comments, or concerns about the class or any of the topics being discussed please do not hesitate to contact your child's health teacher at Bonny Eagle Middle school.

Have a wonderful day.

Hilary Ventura
Katherine Chabot-Boucher
BEMS Health Teachers

