**Worth the Wait**: Wellness and Sexual Health Program by Scott and White Healthcare

Fredericksburg Middle School and Fredericksburg High School will be implementing a wellness and sexual health program from Scott and White Healthcare, **Worth the Wait**. The FISD School Health Advisory Committee (SHAC) was instrumental in the adoption of Worth the Wait. The program covers a variety of areas from bullying and self-esteem to sexual health and hygiene. The FISD Board of Trustees approved the program on January 13, 2014 for implementation in the 2014-2015 school year.

Worth the Wait curriculum will be a part of the 6th grade health class, the 8th grade health class and the high school health class. The curriculum consists of 10 lessons and is available to anyone interested in reviewing it in the FISD Curriculum Offices; contact Linda Hicks, Assistant Superintendent for Curriculum and Instruction.

Parents will have the opportunity to opt their child out from any or all of the program lessons. An alternate activity relating to the same Health TEKS will be provided to the child in an alternate setting. The parent should communicate with the campus administrator to make those arrangements.

For more information visit the Scott and White Healthcare website: **Worth the Wait**.