



## **BERKELEY HEIGHTS PUBLIC SCHOOLS**

Office of the Superintendent

September 2022

To: All Parents and Guardians:

The following is a brief outline of the topics covered in the Comprehensive Health Education Curriculum.

Age-appropriate concepts are taught in each grade level. At the elementary level, the classroom teacher, physical education teacher, and school nurse teach health throughout the year. In the fifth grade, the L.E.A.D, (Law Enforcement Against Drugs) Officer works in cooperation with the health teacher to deliver the drug education unit. At the middle school, health is a cycle subject taught by the certified health and physical education teachers. At the high school, health is a quarter subject taught by the certified health- 1st quarter Sophomore- Driver's Education, 2nd quarter Freshman Health- L.E.A.D, Drugs and Alcohol and Sex Education, 3rd quarter Senior Health- Drugs and Alcohol, Dating Violence, Healthy Relationship, Sexuality and Sex Education 4th quarter Junior Health- Communicable and Non-Communicable diseases, Organ Donation, American Red Cross First Aid, AED and CPR certification

The health education curriculum is developed to supplement the parent/guardian role, not to replace or usurp it.

The main thrust of the program is to teach children how to be responsible individuals and to make appropriate healthy life choices and decisions.

If there are any topics that concern you, we encourage you to contact your child's teacher to review the health curriculum content and specific materials used. Parents or guardians may excuse their child or children from any area of instruction by completing the tear-off form on the last page and returning it to the Principal's office.

### **Topics Addressed in Health Curriculum**

**K-12 Standards - <https://www.nj.gov/education/cccs/2020/2020%20NJSL-CHPE.pdf>**

#### **Kindergarten-Grade 2 Units**

Standard 2.1 Personal and Mental Health

- o Personal Growth and Development/Wellness
- o Pregnancy and Parenting
- o Emotional Health
- o Social and Sexual Health
- o Community Health Services and Support

Standard 2.2 Physical Wellness

- o Movement Skills and Concepts
- o Physical Fitness
- o Lifelong Fitness
- o Nutrition

Standard 2.3 Safety

- o Personal Safety
- o Health Conditions, Diseases, and Medicines
- o Alcohol, Tobacco, and Other Drugs
- o Dependency, Substances Disorder and Treatment

#### **Grades 3-5 Units**

Standard 2.1 Personal and Mental Health

- o Personal Growth and Development/Wellness
- o Pregnancy and Parenting
- o Emotional Health
- o Social and Sexual Health

- o Community Health Services and Support

Standard 2.2 Physical Wellness

- o Movement Skills and Concepts
- o Physical Fitness
- o Lifelong Fitness
- o Nutrition

Standard 2.3 Safety

- o Personal Safety
- o Health Conditions, Diseases, and Medicines
- o Alcohol, Tobacco, and Other Drugs
- o Dependency, Substances Disorder and Treatment

**Grades 6 – 8 Units**

Standard 2.1 Personal and Mental Health

- o Personal Growth and Development
- o Pregnancy and Parenting
- o Emotional Health
- o Social and Sexual Health
- o Community Health Services and Support

Standard 2.2 Physical Wellness

- o Physical Fitness (Concepts)
- o Lifelong Fitness (Concepts)
- o Nutrition

Standard 2.3 Safety

- o Personal Safety
- o Health Conditions, Diseases, and Medicines
- o Alcohol, Tobacco, and Other Drugs
- o Dependency, Substances Disorder, and Treatment

**Grades 9-12 Units**

Standard 2.1 Personal and Mental Health

- o Personal Growth and Development
- o Pregnancy and Parenting
- o Emotional Health
- o Social and Sexual Health
- o Community Health Services and Support

Standard 2.2 Physical Wellness

- o Nutrition

Standard 2.3 Safety

- o Health Conditions, Diseases, and Medicines
- o Alcohol, Tobacco, and Other Drugs
- o Dependency, Substances Disorder, and Treatment
- o L.E.A.D (Law Enforcement Against Drugs) Program- Too Good for Drugs & Violence: High School
- o Nutrition

**N.J.S.A. 18A:35-4.7 Parent’s Statement of Conflict with Conscience**

The NJDOE recognizes and respects that some families prefer to have these conversations privately. Pursuant to N.J.S.A. 18A:35-4.7, any child whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education, or sex education is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course. Parents and guardians seeking to exercise this option should contact their local school principal directly.

**From the NJDOE: Family and Community Engagement**

The NJDOE believes that the strongest curriculum is one reflecting the input and expertise of the entire school community, including educators and families. Strong community partnerships in the development of curriculum will yield the healthiest learning environment. In developing curriculum and instructional materials for all content areas, local education agencies (LEA) are strongly encouraged to provide opportunities for meaningful engagement with the school community.

**REQUEST FOR EXEMPTION**

I request that my child, \_\_\_\_\_, not participate in the following portions of the Health curriculum: *(Please be very specific and list exact curriculum units that your child will not participate in the health class)*

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Student's grade: \_\_\_\_\_

Health Class/Period/Block: \_\_\_\_\_ Health Teacher: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Print Parent/Guardian Name: \_\_\_\_\_

Date: \_\_\_\_\_ School: \_\_\_\_\_

**Please return to your child's School Principal**