

**Glen Rock Public Schools
600 Harristown Road
Glen Rock, New Jersey 07452**

Health Education

Dear Parent(s) of 6th, 7th, 8th Grade Students:

It is the mission of the Glen Rock Middle School Health Education Program to provide your child with a knowledge base and skill set that will enhance their capacity to make intelligent, informed, healthy decisions and exhibit behaviors that nurture their physical and emotional well-being.

We believe a critical ingredient to a child's success lies in the home, the school, and the community working together as partners. Of all the topics in the Health Education Curriculum, Substance Abuse and Family Life Education may be the most important ones for you and your child to be able to talk about. There is no question that the values that children learn at home are quite often the ones that give them direction throughout their lives. Ongoing dialogue with your child about where you stand on matters such as drug use and sexual behavior will give them a context in which to make appropriate decisions as they grow older.

Enclosed you will find curriculum topics that highlight important elements of Glen Rock Middle School's Comprehensive Health Education Curriculum. This program was developed by our Health Education Teachers. They have spent many hours researching the latest information available in the field of Health Education. These topics are also mandated by the New Jersey State Core Curriculum Content Standards for Health Education. A listing of teaching materials such as textbooks, instructional videos, and student handouts are available on request. If you would like the opportunity to view these materials, please contact your child's Health teacher to make arrangements.

Special Note: Opt-Out Request

Although Health Education is a New Jersey State requirement, parents may request that their child be exempted from all or part of the Family Life Curriculum. Please contact the Superintendent's Office at the Board of Education, 201/445-7700 #8950 or refer to the Board of Education website.

Please fill out the Opt-Out Request Form and return it to the Superintendent's Office. Your child will be excused from participating in class during this segment of the Health Curriculum. Health teachers will provide an alternative learning experience. There is no academic penalty if you choose this option.

Sincerely,

Edward Thompson

cc: Dr. D. Verducci, Superintendent
Mr. L. Wolf and Guidance Counselors
Middle School Health Teachers

Health Topics

Health 6 Course Description

This course introduces the middle school student to a comprehensive health curriculum that includes wellness; health-enhancing personal, interpersonal and life skills; and, information concerning drug and alcohol dependency, addiction and treatments, and other drugs/medicines that support a healthy, active lifestyle. **All students will learn the physical, emotional and social aspects of human relationships, human sexuality, puberty, HIV/AIDS, HPV, Sexually Transmitted Infections and pregnancy.** In addition to the state mandates, students will learn safety and first aid skills along with personal/self-development.

Health 7 Course Description

This course emphasizes health promotion measures that enable middle level students to make informed choices now and in the future. This is achieved through an understanding of the body systems, their functions, related diseases; substance abuse, dependency addiction and refusal skills; **the diversity of families and human relationships; sex roles and stereotypes; physical/emotional changes during puberty; reproduction and contraception with an emphasis on abstinence; HIV/AIDS, HPV, STIs and pregnancy.**

Health 8 Course Description

Health education is a rapidly changing and evolving discipline with a distinct body of knowledge and skills. This course is grounded in scientifically-based research and public health knowledge. Students are empowered to develop and demonstrate increasingly sophisticated knowledge, skills, attitudes and practices regarding wellness.

This course focuses on nutrition, the digestive system, eating disorders and disease caused by nutritional deficiencies; drug and alcohol abuse, addiction, dependency with emphasis on peer influence, decision-making/refusal skills; **relationships and the impact of early sexual activity; teen pregnancy and its effect on the family and society; the pros/cons of various methods of contraception with an emphasis on abstinence; HIV/AIDS, HPV, STIs, pregnancy.**

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Family Life Education
Student Opt-Out Request Form

☐ **Elementary** ☐ **Middle School** ☐ **High School**

Please check (✓) appropriate box:

To Parent(s)/Guardian(s),

Health Education is a New Jersey State requirement. However, you have the right to request that your child be excused from attending classes during the Family Life Unit. There is no academic penalty if you exercise this right. Your child will be assigned other academic work related to health.

DIRECTIONS:

If you wish to opt your child out of Family Life lessons, please complete this form and return it to the Superintendent's Office at the above address. Your child's Health Education teacher will arrange an alternative Health Education experience for your son/daughter.

Student Information

Last Name

First Name

School

Grade

Classroom Teacher's Name

Please exempt the above name student from participation in the Family Life education lessons being presented in his/her classroom this year. I understand that he/she will be given alternative instruction or skill development activities.

Signature of Parent/Guardian

Date

Telephone Number

Copies will be sent to: Building Principal, Guidance Counselor, Health Teacher