



Dear Midland Community,

September 2023

In 2020, the New Jersey Department of Education updated the Comprehensive Health and Physical Education learning standards. The Rochelle Park School district maintains its compliance with state standards. We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, active life.

We invite you to examine and discuss this information with your child prior to the instructional units at school. The educational content related to family life is available on the district website at <https://www.rochellepark.org/Page/2128> and through Mrs. Cara Hurd, Director of Curriculum & Instruction (churd@rochellepark.org) for your review. Health Teachers are also able to answer any questions you may have about how these instructional units will be implemented in your child's classroom. You are welcome to contact your child's Health Teacher to preview the lessons we will be teaching your student.

Depending on your child's grade level, topics may include:

- Decision Making
- Healthy Relationships
- Reproduction (developmentally appropriate, ie: fish, animals, people have the ability to produce offspring)
- Mental Health
- Personal Safety
- Self-Advocacy

**Sexual Education will NOT be instructed in grades K-3.*

The Rochelle Park School District acknowledges that parents/guardians are the primary family life educators for their child/children, and we are committed to partnering with you to provide supplementary resources to support you in this role.

Although we strongly encourage families to have students participate in these essential health topics, we want to acknowledge that Parents/Guardians do have the option of excluding their child from any portion of sexuality/family life education instruction if it is in conflict with their conscience, morally, or religiously held beliefs. (**Please see the appropriate NJ Statute below*) If this is the case, please fill out the exclusion form below, and send it to your child's health education teacher. Students who are excused will be assigned to a separate classroom for the duration of those identified lessons.

***Section: 18A:35-4.7: Parent's statement of conflict with conscience:** *Any child whose parent or guardian presents to the school principal a signed statement that any part of the instructions in health, family life education or sex education is in conflict with his conscience, or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom.*

N.J.S. § 18A:35-4.7 L.1979, c.428, s.2, effective. 2/11/1980

Sincerely,

Courtney Carmichael

Dr. Courtney Carmichael
Principal

Prior to completing this form, please review the Health Curriculum map available at <https://www.rochellepark.org/Page/2128> to provide the information needed below.

I wish for my child, _____, to be excused from the following topics of the Health Education unit due to moral, ethical and/or religious beliefs:

| Health Unit Number & Name | Curriculum Map Page # | Student Learning Objective | Grade |
|---|------------------------------|--|-------------------------|
| <i>Example: Unit 1 Personal and Mental Health</i> | <i>Example: page 2</i> | <i>Example: Students will know and be able to explore how activity helps all human bodies stay healthy</i> | <i>Example: 1st</i> |
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Parent/Guardian Signature _____ Date _____

Student's Health Teacher _____

Please note: Students in grades K-5 will have their homeroom teacher for Health Education