



Midland School #1

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Mr. Michael J. Alberta
PRINCIPAL
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Mrs. Cara L. Hurd
DIRECTOR OF CURRICULUM AND INSTRUCTION
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Dear Midland Families,

September 20, 2022

We are pleased to announce the revision of the New Jersey State Learning Standards in Comprehensive Health and Physical Education provided by the NJ Department of Education. 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. Specifically, the content related to family life education. The curriculum guide is available on the district website <https://www.rochellepark.org/Page/2128> and through Mrs. Cara Hurd, Director of Curriculum & Instruction (churd@rochellepark.org) for your review. The Health Teachers will also be able to answer any questions you may have about how these instructional units will be implemented in your child's classroom. You are also 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-4.*

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 their student 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, tear it off, 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,

Michael J. Alberta

Michael J. Alberta
Principal

Please Complete and submit to your child's health education teacher.

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>

Parent/Guardian Signature _____ Date _____

Student's Health Teacher _____

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