

## HEALTH EDUCATION AND EXEMPTION FROM INSTRUCTION

Consistent with the New Hampshire Department of Education requirements, health and physical education (including instruction about parts of the body, reproduction, and related topics) will be included in the instructional program.

Instruction must be appropriate to grade level, course of study, and development of students, and must occur in a systematic manner.

Parents/guardians will have the right to inspect and review health and physical education instruction materials. Parents may arrange a meeting with the building principal to obtain any and all materials.

### Opt-Out Procedure

Parents/guardians who do not want their child to participate in a particular unit of health or sex education are allowed to have their child opt-out of such instruction.

Parents/Guardians who wish to have their child opt-out of such instruction are required to complete the district opt-out form and state the unit of curriculum in which the student is not to participate. Any student who is exempted by request of the parent/guardian under this policy may be given an alternative assignment sufficient to meet state requirements for health education. The alternative assignment will be provided by the health or physical education teacher in conjunction with the building principal.

Opt-out requests must be submitted annually and are valid only for the school year in which they are submitted.

Adopted: 5/4/09