



Bridgewater-Raritan Regional School District

836 Newmans Lane • P. O. Box 6030 • Bridgewater, New Jersey

Dear Parents and Guardians,

The purpose of this letter is to provide you with information regarding the teachings of Health and Physical Education within the Bridgewater Raritan Regional School District.

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 and active life. Our Health and Physical Education units are designed to provide students with the information, decision-making skills, and attitudes that will encourage thoughtful and responsible behavior.

You can find our Health and Physical Education Curriculum on our district website within the Rubicon Atlas.

- Under the “Departments” tab you will find a drop down menu. Please click “Curriculum” and then “Curriculum Documents.”
- Upon accessing Rubicon Atlas, you will find our curriculum, along with Essential Questions that will help clarify how each lesson is being presented to our students.
- You are also welcome to contact your child’s Health and Physical Education teacher to discuss classroom procedures or specific activities.

Although we encourage student participation in these essential health topics, we recognize that parents/guardians are a child’s first and most influential teachers. Per BRRSD Policy 5250 (Excusal from Class or Program), parents/guardians have the option of excluding their student from any portion of health instruction that is in conflict with conscience, moral, or religious beliefs. *A request (included) for excusal must be presented in a signed statement and submitted to the principal.* Please identify the topic and/or standard(s) for which you are requesting an excusal in your written request. The “Health Education Exclusion Form” can be found at the end of this communication.

If you have questions regarding specific lessons or activities, please reach out to your child/ren’s Health and Physical Education teacher.

We look forward to a productive year, working together to ensure the growth and development of our students.

Sincerely,

David J. Guglietti

David J. Guglietti, Supervisor of Health and Physical Education

Health Education Exclusion Form



I wish for my child, _____, to be excused from this portion of Health education.

Unit/Section: _____

Name of Student's Health Teacher:

Date: _____

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____