

Dear Parents/Guardians of Mahwah Public Schools:

Mahwah Public Schools will be delivering instruction to meet New Jersey's Comprehensive Health and Physical Education standard requirements. New Jersey Student Learning Standards - Comprehensive Health and Physical Education (NJSLS-CHPE) were revised in 2020 "to address the need for students to gain knowledge and skills in caring for themselves, interact effectively with others, and analyze the impact of choices and consequences." We believe that all students should be provided time to acquire the knowledge and skill of healthy and physically active people.

Our health program is designed to present students with information mandated by the NJSLS-CHPE in an age-appropriate manner focused on the Disciplinary Concepts: Personal Growth and Development, Pregnancy and Parenting, Emotional Health, Social and Sexual Health, Community Health Services and Support, Movement Skills and Concepts, Physical Fitness, Lifelong Fitness, Nutrition, Personal Safety, Health Conditions-Diseases and Medicines, Alcohol-Tobacco and other Drugs, Dependency-Substance Disorders and Treatment. Because our professionals understand our community and students best, Mahwah did not "adopt" an outside company's curriculum; our district curriculum was developed by our content specialist teachers with oversight from our building and content administration.

The updated New Jersey Comprehensive Health and Physical Education Standards can be found [here](#).

GRADE 9

Health 9 is a marking period course that deals with human sexuality and family life. Health promotion and disease prevention; personal, interpersonal, and life skills; alcohol, tobacco, and other chemical compounds.

- Physical, behavioral, and emotional aspects of sexuality including anatomy and physiology of the male and female reproductive systems, genetic and environmental differences in behavior, and cultural and familial effects on emotional responses.
- Human reproduction, covering the processes of fertilization, development of the fetus, pregnancy, prenatal care, childbirth, breast-feeding, and birth defects.
- Family planning: emphasizing choices and consequences regarding teen pregnancy, including abstinence, birth control, adoption, abortion, marriage, separation, and divorce.
- Sexually transmitted diseases including HIV/AIDS: recognition, prevention, and treatment.
- Physical effects, behavioral effects, and legal implications of drug and alcohol use.
- Consequences and impact of drugs and alcohol on the body systems and organs.
- Implications of improper social media mentally, emotionally, and physically including discussions on cyberbullying, sexting, and sex trafficking.

GRADE 11

Health 11 is a marking period course that deals with health promotion and disease prevention; first aid; cardiopulmonary resuscitation; nutrition and eating disorders, as well as planning for a lifetime of fitness.

- Responding to emergencies including the Good Samaritan Law, Bystander Effect, 1st steps in an emergency, and moving victims
- Basic First Aid/injury care
- Heimlich maneuver; obstructed airway; rescue breathing
- Skills in cardiopulmonary resuscitation and first aid (with optional American Red Cross certification in CPR).
- Cardiovascular Health and risk factors.

- Communicable Diseases
- Lifelong Health including yearly exams, medicines, immunizations and resources for health issues
- Physiology of exercise related to fitness and wellness, the response of the body systems to exercise.
- Fitness goals and planning related to body mass index, body composition, importance of activity and nutrition.
- Lifetime fitness objectives, monitoring heart rate, levels of fitness and activity, how calories are burned, and the effects of fitness on the different body systems.
- Nutrition and weight maintenance, reading nutrition labels, food pyramid, how food is metabolized, and eating disorders: bulimia, anorexia, overeating.
- Carbohydrates, proteins, and fats – recommended daily allowances, and the importance of nutrition and exercise together.

GRADE 12

Health 12 is a marking period course that explores a variety of topics related to lifetime health, decision making/goal setting skills and coping with problems and stress, comparing health insurance coverage and plans, coping with death and dying, mental/emotional health and suicide prevention. Health 12 also covers relationships and dating violence.

- How stress affects the systems and organs of the body, managing stress, relieving stress, effects of stress on our daily lives, differentiating between positive and negative stress, and how stress affects our relationships
- Comparing the methods of coping in a crisis.
- Communication skills, assertiveness, negotiation, and refusal.
- Decision making skills related to personal values and choices, refusal skills, and consequences of large and small decisions.
- The difference between insurance plans, the importance of health insurance, options if you do not have insurance.
- Coping with death and dying, impending death, coping strategies, stages of grief.
- Problems of behavior such as domestic and dating violence, obscene phone calls, pornography, sexual assault, and rape (including acquaintance and date rape) and preventative measures and/or treatment methods.
- Information about health issues using and evaluating valid resources.
- Lifelong wellness, using current health practices and information to meet health goals.
- Identifying healthy and unhealthy relationships
- Promoting mental and emotional health

We encourage families to have their students participate in these essential health topics. If you have any questions or would like to have further clarification on the lessons listed above, please reach out to your child's health teacher or building administration. This will serve as communication for the 2024-2025 school year. The New Jersey Statute Section: 18A:35-4.7 states that Parents/Guardians do have the option of excluding their child from topics on family life that conflict with their conscience, morally, or religiously held beliefs. If you would like to opt your child out of specific lessons, please write to the building administration directly by September 20, 2024. After receiving this letter from you, the building administration will contact you to discuss the lessons from which your child will be excused. Students who are excused will be assigned to a separate classroom or location for the duration of those identified lessons and provided with self-paced health lessons on an alternate topic.

Mahwah Township Schools maintain that we philosophically believe that parents/guardians are our partners when talking through critical family-life lessons and topics. We look forward to working with you to provide your child/children with a well-rounded health education that will prepare them for living a healthy lifestyle.

Sincerely,

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