

Dear Parents and Guardians,

The New Jersey Student Learning Standards for Comprehensive Health and Physical Education were revised in 2020 to address the need for students to gain knowledge and skills in caring for themselves, interact with others, and analyze the impact of the choices they make along with consequences of those decisions. Comprehensive Health and Physical Education is a fundamental part of your child's educational experience that supports positive, realistic, and responsible concepts.

Comprehensive Health and Physical Education is a mandate from the New Jersey State Department of Education and a part of all New Jersey public school programs. Yearly participation in Comprehensive Health and Physical Education classes, which include a family life education component as outlined by N.J.S.A.18A:35-7 & 8 is a requirement for all students in grades 1-12.

The disciplinary concepts and core ideas for the three grade bands for the Comprehensive Health and Physical Education standards as established by the New Jersey Department of Education are outlined below and can be accessed by visiting the NJDOE website <https://www.nj.gov/education/cccs/2020/2020%20NJSLs-CHPE.pdf> Disciplinary concepts and core ideas are taught in an age, grade appropriate and developmental manner.

As a district, we recognize that parents/guardians are the primary health and family life educators for their child/children and are committed to supporting you in this role. Although we strongly encourage families to have their child(ren) participate in the family life education, we want to acknowledge that parents/guardians do have the option of excluding their child from any portion of sexuality/family life education instruction in accordance with district policy should the instruction conflict with their conscience, morally, or religiously held beliefs. In such instances, procedures have been established whereby any student whose parent or guardian presents to the building administrator a signed statement, that any part of the instruction in family life education is in conflict with his/her conscience, or sincerely held moral or religious beliefs, will be excused from the portion of any course where such instruction is given without penalty to course credit or graduation; and an alternate experience will be assigned. If school administration does not hear from you, it will be assumed that your child will participate in family life education.

Should you choose to have your child excused from any part of ***Comprehensive Health and Physical Education***, please notify the school in writing.

As a reminder, it is important to contact your child's teacher should you have any comments, questions or concerns.

Sincerely,

The Physical Education and Health Department

## Disciplinary Concepts and Core Ideas

### Personal Growth and Development: By the end of

Grade 2	Grade 5	Grade 8	Grade 12
<p>Individuals enjoy different activities and grow at different rates.</p> <p>Personal hygiene and self-help skills promote healthy habits.</p>	<p>Health is influenced by the interaction of body systems.</p> <p>Puberty is a time of physical, social, and emotional changes.</p>	<p>Individual actions, genetics, and family history can play a role in an individual's personal health.</p> <p>Responsible actions regarding behavior can impact the development and health of oneself and others.</p>	<p>The decisions one makes can influence an individual's growth and development in all dimensions of wellness.</p>

### Pregnancy and Parenting: By the end of

Grade 2	Grade 5	Grade 8	Grade 12
<p>All living things may have the capacity to reproduce.</p>	<p>Pregnancy can be achieved through a variety of methods.</p>	<p>An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child.</p> <p>There are a variety of factors that affect the social, emotional, and financial challenges that are associated with parenthood.</p>	<p>There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.</p> <p>There are many decisions to be made related to pregnancy and childbirth that will have short- and long-term impacts.</p>

**Emotional Health: By the end of**

Grade 2	Grade 5	Grade 8	Grade 12
<p>Many factors influence how we think about ourselves and others.</p> <p>There are different ways that individuals handle stress, and some are healthier than others.</p>	<p>Self-management skills impact an individual’s ability to recognize, cope, and express emotions about difficult events.</p> <p>Resiliency and coping practices influence an individual’s ability to respond positively to everyday challenges and difficult situations.</p>	<p>Self-management skills impact an individual’s ability to cope with different types of mental, psychological, and emotional situations.</p>	<p>Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.</p> <p>Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways</p>

**Social and Sexual Health: By the end of**

Grade 2	Grade 5	Grade 8	Grade 12
<p>Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do.</p> <p>Families shape the way we think about our bodies, our health and our behaviors.</p> <p>People have relationships with others in the local community and beyond.</p> <p>Communication is the basis for strengthening relationships and resolving conflict between people.</p> <p>Conflicts between people occur, and there are effective ways to resolve them.</p>	<p>All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation.</p> <p>Family members impact the development of their children physically, socially, and emotionally.</p> <p>People in healthy relationships share thoughts and feelings, as well as mutual respect.</p>	<p>Inclusive schools and communities are accepting of all people and make them feel welcome and included.</p> <p>Relationships are influenced by a wide variety of factors, individuals, and behaviors.</p> <p>There are factors that contribute to making healthy decisions about sex.</p>	<p>How individuals feel about themselves, their identity, and sexual orientation can be positively or negatively impacted by a wide variety of factors.</p> <p>Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.</p> <p>There are many factors that influence how we feel about ourselves and the decisions that we make.</p> <p>There are state and federal laws which provide access to sexual health care services for minors and to protect minors from unhealthy sexual situations.</p>

