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December 2024

Dear Parent/Guardian,

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, interacting effectively with others, and analyzing the impact of choices and consequences.

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 student(s) prior to the instructional units at school. Specifically, the content related to family life education. The curriculum explanations outlined below will also be available on the district website. All topics are taught in an age, grade, and developmental manner.

The Second Grade Curriculum will cover the following topics:

- Nutrition - Students explore different types of foods and food groups and learn why some foods are healthier to eat than others. They will be able to differentiate between healthy and unhealthy eating habits.

- Healthy Habits/Medicine (Healthy habits, germs, medicine,) - Students learn what medicines are, how they are used, and the importance of using medications properly. Students will learn about personal hygiene, how easily we can spread germs, and the importance of washing hands with soap.

- Self Esteem, Confidence, and Self Talk - Students will discuss strategies for managing one's own emotions, thoughts and behaviors. The students will be able to explain healthy ways of coping with stressful situations and will be able to explain the meaning of character and how it is reflected in the thoughts, feelings and actions of oneself and others.

- Emotions and Stress (2 lessons) - Students will be able to identify situations that might result in individuals feeling sad, angry, frustrated, or scared and identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical professionals). This lesson will conclude with a culminating assign making positive affirmation bookmarks

- Personal Safety and Consent/Boundaries - Students will learn about personal boundaries and talk about how to communicate personal boundaries and show respect for others including friends and family. The students will be able to identify trusted adults, including family members, caregivers, and school staff, that they can talk to about situations which may be uncomfortable or dangerous.

Tenafly Public Schools acknowledge that parents/guardians are the primary family life educators for their student(s), 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(s) participate in these essential health topics, we want to acknowledge that parents/guardians do have the option of excluding their student from any portion of sexuality/family life education instruction if it is in conflict with their conscience, morally, or religiously held beliefs. (See NJ Statute Section: 18A:35-4.7 below.[1])

Please be sure to specifically identify out of which of the subject(s) you are opting your student(s) out. Students who are excused will be assigned activities centered on Social-Emotional Learning in lieu of Family Life for the duration of those identified lessons.

If this conflict exists, submit the Grade 2 Family Life Opt-Out Form, which will be routed to your student's building principal.

[1] 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.

Regards,
Elizabeth Giblin, Ed.D.
Supervisor of Multilingual Learners, World Language, Health & Physical Education

Heidi Chizzik
Principal - Mackay Elementary School

Dr. Tova Ben-Dov
Acting Principal - Maugham Elementary School

Daryl George
Principal - Smith Elementary School

Gayle Lander -
Principal - Stillman Elementary School