



Old Bridge Township Public Schools

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Dear Parents/Guardians:

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Every public school district in the State of New Jersey is required to adopt and teach a Health curriculum from Kindergarten to Twelfth Grade that includes, among other topics, Family Living and HIV/AIDS prevention. As mentioned before, we are including a topical list of the elementary program by grade level. Please take a moment to review it. Included below is the statutory reference and the School Board Policy regarding your ability to request that your child be provided an alternate assignment during such time as part of the health instruction conflicts with your "conscience or sincerely held moral or religious beliefs."

Therefore, pursuant to *N.J.S.A. 18A:35-4.7*, "any child whose parent or guardian presents to the school a signed statement that any part of instruction 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."

Further, **Board Policy 2422** provides that: "Any pupil whose parent(s) or legal guardian(s) presents to the school principal a signed statement that any part of the instruction in health, human sexuality and family life education, or sex education program is in conflict with his/her conscience or sincerely held moral or religious beliefs shall be excused from the portion of the course in which such instruction is being given, and no penalties as to credit or graduation shall result."

Therefore, should you wish your child to be excused from a specific topic or topics, please state the reason(s) for your request and the specific topic or topics from which you desire your child to be excused. That request will be granted without penalty to your child. However, an alternative assignment may be provided your child in lieu of the subject matter from which they are excused. Your letter complying with this option should be addressed to your child's building principal as soon as possible. Should you have any questions please feel free to call your child's school or request an appointment to discuss the matter further.

Sincerely,

J. Scott Cascone, Ed.D.
Executive Director of Academics

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attachments



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Family Living Curriculum Overview Instructional Topics and Lesson Materials

Kindergarten

(Harcourt Health and Fitness)

- Chapter 1 – Lesson 4
 - Building good character - caring
- Chapter 11
 - Your family
 - Building good character – honesty
 - Be a helper

First Grade

(Harcourt Health and Fitness)

- **Chapter 10**
 - You are special
 - Showing your feelings
 - You are a friend
 - Respecting others
 - Showing others you care
- **Chapter 11**
 - Families – including identifying boys and girls in your family
 - Families change
 - Families work together
 - Resolving conflicts
 - Fairness

Second Grade

(Harcourt Health and Fitness)

- Chapter 1 – Lesson 1 and Social Studies Unit 4 (timelines)
 - You are growing
 - People change over time
- Chapter 10
 - People are special
 - Managing your feelings
 - Being responsible
 - Showing respect
 - Being a friend
- Chapter 11
 - Families – identifying boys and girls in your family
 - Getting along with family members
 - Families change

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Third Grade

(Harcourt Health and Fitness)

- **Chapter 8**
 - Learning about drugs
 - Using medicines safely
 - Harmful and illegal drugs
 - Say NO to drugs
- **Chapter 9**
 - Tobacco and its effects
 - Alcohol and its effects
 - Refusing to use alcohol and tobacco
- **Chapter 1 (Lesson 3)**
 - You grow and change
- **Chapter 10**
 - Understanding your feelings
 - Coping with emotions
 - Relationships with family and friends
 - Communicating with others
- **Chapter 11**
 - Learning about families
 - Changes in families
 - Families help each other

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Fourth Grade

(Harcourt Health and Fitness)

- **Chapter 11**
 - Families meet their needs
 - Families communicate
 - Families at work
- **Chapter 7**
 - Why people become ill
 - Communicable diseases
 - Fighting communicable diseases
 - Non-communicable diseases
 - Live a healthful lifestyle
- **Chapter 8**
 - Medicines affect your body
 - Substances that can be harmful
 - Refusing drugs
 - How drug abusers can get help
- **Chapter 9**
 - How tobacco harms body systems
 - How alcohol harms body systems
 - Saying NO to alcohol and tobacco
 - Tobacco, alcohol and the media

(Harcourt Optional Teacher Resources)

Section 2- Lesson 2 – Physical Changes of Puberty

- What is puberty?
- Adolescent growth spurts
- Body changes for boys and girls

Girls

Oil and sweat producing glands
Change in voice
Growth of breasts
Changes in skin and hair

Boys

Oil and sweat producing glands
Change in voice
Changes in skin and hair

Section 2 – Lesson 3 – Other Changes That Occur During Puberty

- Environment and growth (sleeping, eating, exercising habits)
- Positive health habits
- Emotional changes during puberty
- Changing relationships
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Family Living Curriculum Overview Instructional Topics and Lesson Materials

Fifth Grade

(Harcourt Health and Fitness)

- Chapter 7 – Learning About Disease
 - Causes of disease
 - Pathogens and communicable diseases
 - Disease and the immune system
 - When someone becomes ill
 - Non-communicable diseases
 - Choosing a healthy lifestyle
- Chapter 10 – Dealing with Feelings
 - Your self-concept
 - Setting goals
 - Friends and feelings
 - Actions reactions and stress
 - Resolving conflicts
 - Uncomfortable feelings
- Chapter 11
 - Changing families, changing roles
 - Communication in families
 - Families working together

(Harcourt Optional Teacher Resources)

Boys and girls will meet in separate groups for the following topics:

Section 4

- Female reproductive system (girls only)
- Menstruation (girls only)
- Male reproductive system (boys only)

Section 6

- Fetal development – stages of development