

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

63 Tindall Road, Middletown, NJ 07748

www.middletownk12.org

(732) 706-6061

Fax (732) 706-9639

Mary Ellen Walker
Superintendent of Schools

Devyn Orozco
Director of Staff Development and Special Projects

September, 2021

Dear Parent/Guardian:

The following is an outline of the units covered this year in your child's Health Curriculum. The units are designed to provide students with the information, decision-making skills and attitudes that will encourage thoughtful and responsible behavior.

If you choose not to have your son/daughter participate in any portion of a unit, you must complete a "Request to be Excused" form which is available in the main school office. If you wish to discuss these units, please call your child's school for an appointment.

CURRICULUM UNITS – GRADE 6

- I. Personal & Mental Health
 - A. Understanding Health and Wellness
 - B. Personal Hygiene
 - C. Being Mentally and Emotionally Healthy

- II. Physical Wellness
 - A. Nutrition
 - B. Physical Fitness
 - C. Tobacco

Sincerely,



Devyn Orozco