

# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

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William O. George III, Ed.D.  
*Superintendent of Schools*

Devyn Orozco  
*Director of Science, Health & Physical Education*

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September, 2020

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 1

### I. Wellness

- Healthy Habits
- Food Groups
- Medicine

### II. Drugs, Alcohol and Tobacco

- Medicines
- Harmful Effects of Alcohol and Other Drugs

### III. Community Health

- Healthy Decision-Making
- Wants and Needs in Health and safety situations
- Character
- Physical Disabilities
- Safe and Appropriate Behaviors and Touches
- Conflict Resolution

Sincerely,



Devyn Orozco