

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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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 4

I. Wellness

- Personal Hygiene
- Viruses and Bacteria
- Body Systems
- Healthy Eating Patterns
- Food Labels
- Detection of Diseases and Health Conditions
- Treatment of Common Diseases and Conditions
- Disease Prevention

II. Safety

- Reducing Risks at Home, School and in the Community
- Simple First Aid Procedures
- Abuse
- Strangers

III. Social and Emotional Health

- Basic Human Needs
- Communication
- Conflict Resolution and Bullying
- Dealing with Stress
- Coping with Rejection, Loss and Separation
- Stereotypes

IV. Decision-Making

- Using Refusal Skills
- Influences on Health Decisions - parents, peers, media
- Character Development

V. Drugs and Medicines

- OTC and Prescription Medicines
- Commonly Used Medicines
- Side Effects of Medicines
- Illegal Drugs/Substances
- Effects of Tobacco Use
- Effects of Alcohol Abuse
- Dependency/Treatment

VI. Human Relationships

- Family Structures
- Responsibilities of Family Members
- Changes in Families
- Friendships
- Culture/Traditions
- Puberty - Physical, social and Emotional Changes

Sincerely,



Devyn Orozco