

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

September, 2018

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 Health & Wellness

- Using Health Information to plan a healthy lifestyle
- Exercise, Nutrition and Dieting
- Refusal Skills
- The Role of Responsible Adults
- Self Esteem & Body Image

III. Substance Abuse Prevention

- Medicines
- Drug Education
- Physical and Behavioral Effects of Tobacco
- Advertisements and Commercials
- Alcohol Decision Making
- Dependency/Addiction and Treatment

II. Decision Making

- Communication Between Students and Parents
- Advertisements and Commercials
- Peer Pressure
- Planning and Goal Setting

IV. Growth & Development/Caring for Body

- Relationships and Self Esteem
- Physical Changes and Puberty
- Male and Female Reproductive System
- Personal Hygiene

Sincerely,



Devyn Orozco

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS ACKNOWLEDGEMENT OF RECEIPT OF HEALTH CURRICULUM OUTLINE

Student _____

Parent _____

Date _____

PLEASE RETURN TO THE STUDENTS' HEALTH TEACHER