

# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

900 Nut Swamp Road, Middletown, NJ 07748

[www.middletownk12.org](http://www.middletownk12.org)

(732) 706-6111

Fax (732) 706-8058

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

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

September, 2019

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 3

### I. Wellness

- Personal Hygiene
- Making Healthy Choices
- Physical, Social and Emotional Wellness
- Body Systems
- Stages of Human Life

### II. Diseases and Health Conditions

- Communicable and Noncommunicable Diseases
- Spreading Diseases
- Early Detection of Diseases

### III. Safety

- Safety at Home, School and in the Community
- First Aid Procedures
- Verbal, Emotional, Sexual and Physical Abuse
- Strangers

### IV. Social and Emotional Health

- Basic Human Needs
- Communication
- Conflict Resolution and Bullying

### V. Human Relationships

- Family Structures
- Responsibilities of Family Members
- Changes in Families
- Friendships
- Culture/Traditions

### VI. Drugs and Medicines

- OTC and Prescription Medicines
- Commonly Used Medicines
- Side Effects of Medicines

Sincerely,



Devyn Orozco

---

## MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS ACKNOWLEDGEMENT OF RECEIPT OF HEALTH CURRICULUM OUTLINE

Student \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE RETURN TO THE STUDENTS' HEALTH TEACHER**