

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

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Mary Ellen Walker
Superintendent of Schools

Devyn Orozco
Director of Staff Development and Special Projects

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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 and are directly aligned to the NJ Student Learning Standards. The topics will be addressed in a developmentally appropriate manner each year. If you would like to research any units further, please refer to the [NJ Student Learning Standards in Comprehensive Health and Physical Education](#), which provides further details regarding the topics listed below.

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 further, please call your child's school for an appointment.

Curriculum Units - Grades 3, 4, 5

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| I. Personal Growth and Development | V. Community Health Services and Support |
| A. Self care | |
| B. Body changes (puberty) | VI. Nutrition |
| C. Physical, social, emotional changes | |
| D. Types of relationships | VII. Personal Safety |
| | A. Basic first aid |
| II. Pregnancy and Parenting | B. Identification of risks |
| A. Reproduction | C. Safe online communication |
| B. Reproductive health | |
| | VIII. Health Conditions, Diseases, Medicines |
| III. Emotional Health | |
| A. Self-management and emotions | IX. Alcohol, Tobacco, Other Drugs |
| B. Responding to challenges | A. Products containing alcohol,
tobacco, drugs |
| | B. Health concerns related to drug use |
| IV. Social and Sexual Health | |
| A. Family values and support | X. Dependency, Substance, Treatments |
| B. Communicating with family and
trusted adults | A. Drug use, misuse, abuse |
| C. Healthy relationships | B. Resource availability |

Sincerely,



Devyn Orozco