

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

900 Nut Swamp Road, Middletown, NJ 07748

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, 2020

Dear Parents:

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 7

I. Decision-Making

- Healthy Behaviors and Personal Wellness
- Refusal Skills
- Emotional and Social Health
- Bullying and Harassment
- Analyzing Health Information
- Understanding the Media
- Peer Pressure
- Decision-making Skills
- Character Development

II. Nutrition

- Meal Planning
- Social Effects of Nutritional Choices

III. Substance Abuse Prevention

- Medicines
- Alcohol, Tobacco and Other Drugs
- Physical and Behavioral Effects of Drug Use
- High Risk Behaviors and Decision-making
- Dependency/Addiction and Treatment

IV. Growth & Development

- Puberty and Adolescence
- Appropriate Health Care Practices

Sincerely,



Devyn Orozco