

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 11th Grade Contemporary Health Issues course is designed to assist students in developing the skills necessary to make healthy and responsible decisions and foster an understanding of how those decisions affect their overall health and wellness. Students will be trained in CPR/AED and learn about the various topics listed below during the course.

The following is an outline of the units covered this year in your child's 11th Grade Health Curriculum:

- Unit 1 - Sleep
- Unit 2 - Physical Fitness
- Unit 3 - Nutrition & Healthy Body Image
- Unit 4 - Mental & Emotional Health
- Unit 5 - Stress Management
- Unit 6 - Noncommunicable Diseases
- Unit 7 - Communicable Diseases
- Unit 8 - Substance Abuse
- Unit 9 - Health Services, Careers and Information
- Unit 10 - First Aid, Safety, and CPR/AED Training
- Unit 11 - Coaching Principles

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.

Sincerely,



Devyn Orozco