

# KINDERGARTEN

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Health habits that lead to healthy lifestyles
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of ways to keep our bodies safe and healthy

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# FIRST GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Health habits that lead to healthy lifestyles
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# SECOND GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Health habits that lead to healthy lifestyles
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# THIRD GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# FOURTH GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website
- Students will have one marking period of Health per school year

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# FIFTH GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Puberty/Family Life
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website
- Students will have one marking period of Health per school year
- Communication will be sent prior to the start of the puberty/family life lessons

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.

# SIXTH GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Puberty/Family Life
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website
- Students will have one marking period of Health per school year

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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# SEVENTH GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Puberty/Family Life (review)
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website
- Students will have one marking period of Health per school year

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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# EIGHTH GRADE

## COMPREHENSIVE HEALTH & PE OVERVIEW

### WHAT WILL MY CHILD LEARN IN KINDERGARTEN HEALTH & PE?

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- Attending to personal health, emotional, social, and physical well-being
- Making healthy decisions about sex
- Pregnancy and parenting
- Building and maintaining healthy relationships
- Communicating clearly and effectively
- Resolving conflict
- Making decisions
- Setting goals
- Respect and dignity for all
- Skill sets to competently use physical activity as a means to a healthier life
- Knowledge of the unhealthy risks of drugs and alcohol

### WHAT INFORMATION WILL BE SHARED WITH PARENTS?

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- All curricula will be available on the district website
- Students will have one marking period of Health per school year

### CAN I OPT MY CHILD(REN) FROM THIS INSTRUCTION?

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In accordance with N.J.S.A.18A:35-4.7, district policy 5250 states that a parent or guardian can choose to excuse their child from any part of health instruction by submitting a signed statement to the principal.