

September 2010

**Health Education
Grades K - 5**

Dear Parent(s),

In 1996, the New Jersey State Department of Education adopted Core Curriculum Content Standards for Health and Physical Education. These standards embrace a comprehensive approach to health education that recognizes that the present and future health needs of children are the shared responsibility of the schools, the community; and most importantly the family. The purpose of this letter is to keep you informed regarding the implementation of these standards within our instructional program. Enclosed you will find the curriculum topics.

Family Life and Substance Abuse are two topics that receive a great deal of public scrutiny and media attention. As a result, they are quite often on the minds of children. They are also areas in which family values play a significant role. We feel it is extremely important that you continue an open dialogue with your child and communicate your views and values to them. The Office of National Drug Control's policy states, *The most effective deterrent to alcohol and other drug use among kids are a child's parents.*

If you have questions about any aspect of our program, including teaching materials, please feel free to contact the Nurse/Teacher in your school.

Special Note: Opt-Out Request

Although Health Education is a State requirement, parents may request that their child be exempted from all or part of the Family Life Curriculum. Please contact your child's building Principal or Health Teacher to request an Opt-Out Form. Please fill out the Opt-Out Request Form and return it to the Principal's Office. Your child will be excused from participating in class during this segment of the Health Curriculum. Health teachers may provide an alternative learning experience. There is no academic penalty if you choose this option.

Sincerely,

Principal

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cc: Dr. D. Fishbein
Mrs. R. Botsford
School Nurse/Teacher

Family Life Education

Kindergarten

- Family structure
- Dealing with strangers
- Emotion

Grade 1

- Changing family structure
- Dealing with comfortable and uncomfortable touches
- Emotional response

Grade 2

- Individual differences
- Family functions and structures
- Inclusion of the handicapped
- Microbes and the spread of disease

Grade 3

- Handling home emergencies involving personal safety
- Developing positive self esteem
- Introduction to reproduction in humans and animals
- Communicable disease and how it spreads

Grade 4

- Cell formation and human development
- Body systems
- Heredity and environment
- The endocrine system
- The immune system

Grade 5

- Adolescent socialization
- Introduction to genetics
- Human growth and development
- HIV/AIDS and the immune system

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Substance Abuse Education

K-1

- Identify what drugs are and their appropriate use
- Recognize feelings and appropriate means of expression
- Use simple coping skills to deal with stress
- Accept responsibility for behavior

Grade 2

- Identify dangerous chemicals in environment (i.e. poisons) including safety rules
- Identify individual strengths and weaknesses
- Recognize uncomfortable feelings and means of coping
- Introduce model for decision-making process

Grade 3

- Discuss physical and behavioral effects of commonly used drugs - tobacco/alcohol
- Identify ways of helping self and others feel included and accepted
- Identify appropriate resources (individual/agency) for assistance
- Practice problem-solving skills

Grade 4

- Explain the effects of tobacco on the respiratory system
- Complete a personal profile
- Identify stressful situations and consequences of reactions
- Brainstorm alternative solutions

Grade 5

- Identify classification of drugs
- Explain how he/she feels about self, including sources of self assessment
- Explore feelings associated with misuse/abuse of drugs - self/others
- Give specific examples of ways to deal with peer pressure

Special Note

The primary responsibility for teaching in these two areas of the curriculum lies with the nurse-teacher supported by the classroom teacher, as well as community agencies including the Ridgewood Police Department.