

**GREAT MEADOWS REGIONAL SCHOOL DISTRICT**

PO Box 74 Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

Business Office: Phone: 908-637-8672 ~ Fax: 908-637-6356

**MICHAEL MAI**

*Superintendent of Schools/Director of Special Services*

**Kathy Ascolese**

*Confidential Secretary  
Superintendent/Special Services*



**Amanda Kinney**

*Acting Business Administrator/  
Board Secretary*

September 2023

Dear Parent/Guardian:

It is mandated by the State of New Jersey that all public school students be given a comprehensive health education program. This health education program is provided by the Great Meadows Regional School District through a coordinated, sequential, age appropriate curriculum. (NJ.AC. 6:29-4.1.)

To complete the health course of study a student is expected to participate in all areas of the curriculum. Attached is an outline of the strands for your child's grade level explaining the information to which your child will be introduced. If a parent/guardian feels that any of the 2020 Strands are in conflict with sincerely held moral or religious beliefs then, pursuant to N.J.A.C. 6:29-4.2, the pupil may be exempted from that part of the instructional program. If your child does not participate in this unit he/she will be given alternate assignments. The responsibility of educating this exempted unit of study lies with the parent/guardian.

The Health Curriculum can be reviewed on the reverse side of this form or online at: <https://gmrsdnj-public.rubiconatlas.org/>

Please return this attachment **ONLY** if you choose to have your child **OPT OUT** of specific units of study.

I have reviewed the attached descriptions of the revised Health and Physical Education Standards and I wish to have my child, \_\_\_\_\_, **OPT OUT** from participation in learning activities pertaining to the Strands circled below:

- **Personal Growth and Development**
- **Pregnancy and Parenting**
- **Social and Sexual Health**

Homeroom Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Print Parent's Name: \_\_\_\_\_

# GREAT MEADOWS REGIONAL SCHOOL DISTRICT

PO Box 74 Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

Business Office: Phone: 908-637-8672 ~ Fax: 908-637-6356

## MICHAEL MAI

*Superintendent of Schools/Director of Special Services*

**Kathy Ascolese**  
*Confidential Secretary  
Superintendent/Special Services*



**Amanda Kinney**  
*Acting Business Administrator/  
Board Secretary*

---

## 6th Grade Health Class

**\*These are the standards we will be going over in our 6th grade Family Life Unit classes.  
The students will be all together with their assigned class for the entire unit.**

### **2.1 Personal and Mental Health: Personal Growth and Development**

**Individual actions, genetics, and family history can play a role in an individual's personal health.**

- 2.1.8.PGD.1: Explain how appropriate health care can promote personal health.
- 2.1.8.PGD.2: Analyze how genetics and family history can impact personal health.
- 2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations that exist in human bodies.

**\*Students will watch "Always Changing and Growing Up Co-ed" version**

This will include both the female and male development/reproductive systems

- students will learn about opposite gender's changes (venn diagram), parts (diagrams), and hygiene

**Responsible actions regarding behavior can impact the development and health of oneself and others.**

- 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health.

### **2.1 Personal and Mental Health: Pregnancy and Parenting**

**An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child.**

- 2.1.8.PP.2: Summarize the stages of pregnancy from fertilization to birth.  
After watching "Always Changing and Growing Up Co-ed" version
  - There will be a brief discussion about the sequence of fertilization, embryonic growth, and fetal development during pregnancy.
  - Describe/discuss the stages of life after pregnancy, including infancy, childhood, adolescence, and adulthood.

### **2.1 Personal and Mental Health: Social and Sexual Health**

**Relationships are influenced by a wide variety of factors, individuals, and behaviors.**

- 2.1.8.SSH.6: Examine how culture influences the way families cope with traumatic situations, crisis, and change.