



COMPREHENSIVE HEALTH EDUCATION PROGRAM

September 2022

Dear Parents/Guardian,

Comprehensive Health and Physical Education is an integral part of your child’s educational experience and emphasizes the natural interdisciplinary connections between wellness and health and physical education. The primary focus is the development of knowledge and skills that influence healthy behaviors within the context of self, family, school, and the local and global community.

The program is a mandate from the New Jersey State Department of Education and a part of all New Jersey public school programs. The N.J.S.A.18A:35-7 and 8 requires that all students in grades 1-12 take at least 150 minutes of health, safety, and physical education per week each year. The New Jersey Student Learning Standards (NJSLs) of Comprehensive Health and Physical Education were revised in June 2020, and these new standards and aligned curriculum will be implemented during the 2022-23 school year. These standards are established by the New Jersey Department of Education and can be found at:

<https://www.nj.gov/education/standards/chp/>

Please review the Oceanport Comprehensive Health curriculum on the district website. A list of overarching topics are listed below, but we ask that you review the entire curriculum document to see how these topics are addressed in detail at your child’s grade level.

Grade K-5	Grade 6-8
<input type="checkbox"/> Maintaining a Healthy Body <input type="checkbox"/> Maintaining a Healthy Mind <input type="checkbox"/> Family Life/Family and Social Health <input type="checkbox"/> Building Healthy Relationships <input type="checkbox"/> Injury Prevention and Safety <input type="checkbox"/> Drug and Disease Prevention	<input type="checkbox"/> Maintaining a Healthy Mind and Body <input type="checkbox"/> Social Health (Grade 6) <input type="checkbox"/> Social and Sexual Health (Grades 7-8) <input type="checkbox"/> Family Life (Grade 8) <input type="checkbox"/> Personal Safety <input type="checkbox"/> Alcohol, Tobacco, and Other Drugs

Should you find that one or more of these topics are in conflict with your conscience or sincerely held moral and/or religious beliefs, and would like your child removed from the class when certain topics are covered, please complete the form found on the district website and submit it to your building principal by **September 20, 2022**.

Please follow the steps below from the district website, www.oceanportschools.org, to access the information regarding the health program:

- **District Policy:** Board of Education→Policies and Regulations→Policy #2422
- **Curriculum Guides:** Departments→ Curriculum & Instruction → PK-8 Curriculum Guides → Physical Education & Health
- **Opt-out Form:** Resources→ Health Opt-out Form

Thank you.



COMPREHENSIVE HEALTH EDUCATION OPT-OUT FORM

I have read and reviewed the Oceanport School District's Comprehensive Health curriculum for my child's grade level.

Child's Name _____

Grade: _____

Parent/Guardian Signature: _____

Date: _____

I would like my child to be excluded from the topics indicated below:

Grade K-5	Grade 6-8
<ul style="list-style-type: none"><input type="checkbox"/> Maintaining a Healthy Body<input type="checkbox"/> Maintaining a Healthy Mind<input type="checkbox"/> Family Life/Family and Social Health<input type="checkbox"/> Building Healthy Relationships<input type="checkbox"/> Injury Prevention and Safety<input type="checkbox"/> Drug and Disease Prevention	<ul style="list-style-type: none"><input type="checkbox"/> Maintaining a Healthy Mind and Body<input type="checkbox"/> Social Health (Grade 6)<input type="checkbox"/> Social and Sexual Health (Grades 7-8)<input type="checkbox"/> Family Life (Grade 8)<input type="checkbox"/> Personal Safety<input type="checkbox"/> Alcohol, Tobacco, and Other Drugs

Each topic includes many lessons. **Please provide specific information as to which lessons within the topic(s) you would like your child removed from:**
