



## NEW MILFORD PUBLIC SCHOOL DISTRICT

145 MADISON AVENUE, NEW MILFORD, NJ 07646

201.261.2952 · Fax: 201.634.9671

**Lauren Odoksta**

*Assistant Superintendent for Curriculum and Instruction*

*lodoksta@nm-psd.org*

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Dear Parents and Guardians:

We are pleased to announce the revision of the New Jersey State Learning Standards in Comprehensive Health and Physical Education provided by the NJ Department of Education. We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, active life.

We invite you to examine and discuss this information with your child prior to the instructional units at school. Specifically, the content related to family life education. The curriculum guides are available on the district website (<https://www.nm-psd.org/Page/2673>) and through the *Office of Curriculum and Instruction* for your review.

Depending on your child's grade level, topics may include:

- Abstinence
- Contraception and Pregnancy Prevention
- Decision Making
- Healthy Relationships
- Human Reproduction and Childbirth
- HIV/AIDS and Sexually Transmitted Infections (STIs)
- Mental Health
- Personal Safety
- Puberty
- Self-Advocacy

The New Milford Public School District acknowledges that parents/guardians are the primary family life educators for their child/children and we are committed to partnering with you to provide supplementary resources to support you in the role.

Although we strongly encourage families to have their student participate in these essential health topics, we want to acknowledge that Parents/Guardians do have the option of excluding their child from any portion of sexuality/family life education instruction if it is in conflict with their conscience, morally, or religiously held beliefs (\*Please see the appropriate NJ Statute below). If this is the case, please fill out the exclusion form below, tear it off, and send it to your child's health education teacher. Students who are excused will be assigned to a separate classroom for the duration of those identified lessons.

Sincerely,

Lauren Odoksta

**\*Section: 18A:35-4.7:** *Parent's statement of conflict with conscience: Any child whose parent or guardian presents to the school principal a signed statement that any part of the instructions in health, family life education or sex education is in conflict with his conscience, or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result therefrom.*

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**Prior to completing this form, please review the Health Curriculum Guides available at <https://www.nmpsdsd.org/Page/2673> to provide the information needed below.**

I wish for my child, \_\_\_\_\_, to be excused from the following topics of the Health Education unit due to moral, ethical and/or religious beliefs:  
*(please print name of student)*

Health Unit Number & Name	Curriculum Guide Page #	Student Learning Objective	Grade
<i>Example: Unit 6 Growing Up</i>	<i>Page 11</i>	<i>Example: Students will Explain the endocrine system, including major glands and the role hormones play in stimulating body functions.</i>	5

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Student's Health Teacher \_\_\_\_\_

**\*Please note:** Students in grades K-5 will have their homeroom teacher for Health Education. Lessons related to family life education will be taught by a School Nurse.