



Westwood Regional School District
701 Ridgewood Road
Township of Washington, NJ, 07676

Ms. Bronwen Calderón
Director of Secondary Education
(201) 664.0880 ext. 2014

August 30, 2022

Dear Westwood Regional Parents/Guardians:

New 6-8th Health Standards and Curriculum

We hope all students and families continue to enjoy their summer break and the last days remaining. We are so excited to welcome back our students for the 2022-2023 school year. The New Jersey Department of Education (NJDOE) requires all public school districts to teach the revised 2020 New Jersey Student Learning Standards for [Comprehensive Health and Physical Education](#) standards (NJSL-CHPE). Now that the new curriculum was approved by the BoE last Thursday, the Westwood Regional Middle School will implement the updated 2020 NJSL-CHPE for the 2022-2023 school year in our 6-8 grade Health classes.

During the summer of 2021, the District invested in a new resource called [The Great Body Shop](#) to provide appropriate materials to assist the elementary K-5 Health & Physical Education teachers in meeting the updated standards in their health lessons. The elementary Health & Physical Education teachers used *The Great Body Shop* to update the [Elementary Health Curriculum](#), which all stakeholders can view in Atlas. As such, the middle school will utilize and implement the same program for consistency and appropriate use of materials. Click on our folder for [sample 6-8 lesson plans](#) and the link for [Middle School Health Curriculum](#) in order to view how our 6-8 health teachers will acknowledge the latest standards in the curriculum as previously employed in other grades.

We understand and respect that a few new Comprehensive Health & Physical Education standards may make a parent/guardian uncomfortable. As stated in the District's [Health and Physical Education](#) policy, any parent or guardian can excuse their children from *selected portions* of the health lessons that might make them feel uncomfortable.

"In accordance with the provisions of N.J.S.A. 18A:35-4.7, any student whose parent presents to the Principal a signed statement that any part of the instruction in health, family life education or sex education is in conflict with his/her 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."

Therefore, if a parent or guardian wishes to excuse a child from portions of the middle school health curriculum, please send a **signed letter** to the assistant principal, Mr. M. Attanasio, **by the first week of your child's Health quarter stating the standard and the unit.** Any student excused from a

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particular health standard will be supervised and expected to engage in alternative health-related instructional activities. Please refer to pages 2-4 for the newly revised standards and what grade and unit the standards will be introduced.

As we continue to provide instruction to all our students at Westwood Regional Middle School, we want to convey that our instructional staff and school administration respect your personal choices concerning your child’s middle school health education. We continue to take a conservative approach to this subject area. In fact, modifications were made to some of the lessons based on feedback Board members provided at the meeting.

If you have any questions about the new middle school health curriculum, please contact Ms. B. Calderón at (201) 664-0880 x2014 or bronwen.calderon@wwrsd.org or Mr. Michael Attanasio at (201) 664-0880 x6008 or michael.attanasio@wwrsd.org.

Educationally Yours,

Ms. Bronwen Calderón,
Director of Secondary Education

Overview of the Comprehensive Health Standards		
Standard/Grade Level Covered	6th Grade Unit	
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.	Unit 4 only (previously in 5th gr.)	
Standard/Grade Level Covered	7th Grade Unit	
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.	Unit 4 only	
2.1.8.PP.1: Describe pregnancy testing, the signs of pregnancy, and pregnancy options, including parenting, abortion, and adoption. *Taught the last 2 weeks of the class	Unit 4	Unit 5
2.1.8.PP.2: Summarize the stages of pregnancy from fertilization to birth. *Taught the last 2 weeks of the class	Unit 4	Unit 5



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<p>2.1.8.PP.3: Identify prenatal practices that support a healthy pregnancy and identify where to find medically accurate sources of information about prenatal care.</p> <p style="text-align: right;">*Taught the last 2 weeks of the class</p>	Unit 4	Unit 5
Standard/Grade Level Covered	8th Grade Unit	
<p>2.1.8.PGD.3: Describe the human reproductive systems, the external and internal body parts and their functions, and the natural variations in human bodies.</p>	Unit 4 only	
<p>2.1.8.SSH.1: Differentiate between gender identity, gender expression, and sexual orientation.</p>	Unit 2	Unit 3
<p>2.1.8.SSH.2: Develop a plan for the school to promote dignity and respect for people of all genders, gender identities, gender expressions, and sexual orientations in the school community.</p>	Unit 2	Unit 3
<p>2.1.8.SSH.7: Identify important factors in deciding whether and when to engage in sexual behaviors.</p> <p style="text-align: right;">*Taught the last 2 days of the class</p>	Unit 5 only	
<p>2.1.8.SSH.8: Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self-esteem, alcohol, and other substances).</p>	Unit 3 only	
<p>2.1.8.SSH.9: Define vaginal, oral, and anal sex.</p>	Unit 3 only	
<p>2.1.8.SSH.10: Identify effective short- and long-term contraception and safer sex methods and describe how to access and use them (e.g., abstinence, condom).</p>	Unit 3 only	
<p>2.1.8.SSH.11: Develop a plan to eliminate or reduce the risk of unintended pregnancy and STIs (including HIV).</p>	Unit 3 only	
<p>2.1.8.CHSS.2: Describe the state and federal laws related to the age of consent, minors' ability to consent to health care, confidentiality in a healthcare setting, child pornography, sexting, safe haven, and sex trafficking.</p>	Unit 4 only	
<p>2.1.8.CHSS.3: Identify the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and STIs/HIV prevention, testing, care, and treatment.</p>	Unit 3	Unit 4

<p>2.1.8.CHSS.4: Identify community resources and/or other sources of support, such as trusted adults, including family members, caregivers, and school staff, that students can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked. (Community Health Services and Support)</p>	<p>Unit 4 only</p>	
<p>2.1.8.CHSS.5: Identify medically accurate sources of information about STIs, including HIV, such as local STIs /HIV prevention, steps to obtain PrEP and PEP, testing, and treatment resources.</p>	<p>Unit 3</p>	<p>Unit 4</p>
<p>2.3.8.PS.2: Define sexual consent and sexual agency.</p>	<p>Unit 4 only</p>	
<p>2.3.8.PS.3: Define interpersonal and sexual violence and describe their impacts on sexual health.</p>	<p>Unit 4 only</p>	
<p>2.3.8.PS.4: Describe strategies that sex traffickers/exploiters employ to recruit youth.</p>	<p>Unit 4 only</p>	
<p>2.3.8.PS.5: Determine the effectiveness of laws designed to keep children and adolescents healthy and safe (e.g., consent, child pornography, human trafficking, parental notification, drugs).</p>	<p>Unit 4 only</p>	