



## Old Bridge Township Public Schools

Patrick A. Torre Administration Building  
4207 Route 516  
Matawan, New Jersey 07747  
Fax (732) 583-4644

Dear Parents/Guardians:

Every public-school district in the State of New Jersey is required to adopt and teach a Health curriculum from Kindergarten to Twelfth Grade that includes, among other topics, Family Living and HIV/AIDS prevention. As mentioned before, we are including a topical list of the elementary program by grade level. Please take a moment to review it. Included below is the statutory reference and the School Board Policy regarding your ability to request that your child be provided an alternate assignment during such time as part of the health instruction conflicts with your "conscience or sincerely held moral or religious beliefs."

Therefore, pursuant to *N.J.S.A. 18A:35-4.7*, "any child whose parent or guardian presents to the school a signed statement that any part of instruction 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."

Further, **Board Policy 2422** provides that: "Any pupil whose parent(s) or legal guardian(s) presents to the school principal a signed statement that any part of the instruction in health, human sexuality and family life education, or sex education program is in conflict with his/her conscience or sincerely held moral or religious beliefs shall be excused from the portion of the course in which such instruction is being given, and no penalties as to credit or graduation shall result."

Therefore, should you wish your child to be excused from a specific topic or topics, please state the reason(s) for your request and the specific topic or topics from which you desire your child to be excused. That request will be granted without penalty to your child. However, an alternative assignment may be provided your child in lieu of the subject matter from which they are excused. Your letter complying with this option should be addressed to your child's building principal as soon as possible. Should you have any questions please feel free to call your child's school or request an appointment to discuss the matter further.

Sincerely,

  
James Tuohy, Ed.D.  
Assistant Superintendent of Educational Programs

attachments

c David Cittadino, Superintendent  
Kathleen Hoeker, Ed.D., Assistant Superintendent of Schools



David C. Cittadino  
Superintendent of Schools  
(732) 290-3976

Joseph J. Marra  
School Business  
Administrator & Board  
Secretary  
(732) 290-3952

Kathleen Hoeker, Ed.D.  
Assistant Superintendent  
of Schools  
(732) 290-3970

James Tuohy, Ed.D.  
Assistant Superintendent  
of Educational Programs  
(732) 360-4461

Anahita Keiller  
Director of Arts & Cultures  
(732) 290-3900 x-3805

Daniel DiMino  
Director of Athletics  
(732) 290-3900 x-3925

**Old Bridge Township Public Schools**  
**Unit Goals and Pacing Guides**

**KINDERGARTEN**

<b>Unit Goals and Pacing Guide for Kindergarten Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
2	Alcohol, Tobacco and other drugs	*Understand that medicines come in a variety of forms (over-the-counter, prescription, medicinal supplements) and are used for a variety of reasons. Medicines should be taken as directed in order to be safe and effective. * Describe the use of drugs in unsafe ways that are harmful and dangerous. *Understand that substance abuse is caused by a variety of factors.
3	Family Life	*Illustrate that a family unit encompasses the diversity of family forms in contemporary society. *Distinguish gender-specific similarities and differences that exist between males and females. *Identify how the health of the mother directly affects the health of the baby. *Demonstrate that effective decision-making skills foster healthier lifestyle choices.

**FIRST GRADE**

<b>Unit Goals and Pacing Guide for First Grade Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
2	Alcohol, Tobacco and other drugs	*Understand that medicines come in a variety of forms (over-the-counter, prescription, medicinal supplements) and are used for a variety of reasons. Medicines should be taken as directed in order to be safe and effective. * Describe the use of drugs in unsafe ways that are harmful and dangerous. *Understand that substance abuse is caused by a variety of factors.
3	Family Life	*Illustrate that a family unit encompasses the diversity of family forms in contemporary society. *Distinguish gender-specific similarities and differences that exist between males and females. *Identify how the health of the mother directly affects the health of the baby. *Demonstrate that effective decision-making skills foster healthier lifestyle choices.

## **SECOND GRADE**

<b>Unit Goals and Pacing Guide for Second Grade Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
2	Alcohol, Tobacco and Other Drugs	<p>Describe why using decision-making skills is advantageous to prevent the use of alcohol, tobacco, and other drugs.</p> <p>Describe why medicines should be administered by a trusted adult.</p> <p>Demonstrate an understanding of how alcohol, tobacco, and other drugs can be abused.</p> <p>Determine what substances should never be inhaled and explain why.</p> <p>Understand that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs and determine where/how community health professionals can be accessed.</p>
3	Family Life	<p>Determine when a decision influences the health of oneself or other family members.</p> <p>Identify different types of families and distinguish responsibilities family members may assume.</p> <p>Describe the physical similarities and differences of the genders.</p> <p>Determine how other's health related decisions have an impact on a pregnant mother and the unborn baby.</p>

## **THIRD GRADE**

<b>Unit Goals and Pacing Guide for Third Grade Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
2	Alcohol, Tobacco and other drugs	<p>*Distinguish between over the- counter and prescription medicines.</p> <p>*Compare the short-term physical effects of tobacco use.</p> <p>*Identify signs that a person might have an alcohol, tobacco or drug problem.</p>
3	Family Life	<p>*Describe the qualities (common values, love, and emotional support) that form healthy family relationships.</p> <p>*Distinguish types of relationships (family, friend, romantic) experienced by adolescents and determine healthy characteristics (trust, communication, honesty) that may influence each relationship,</p> <p>*Identify the characteristics and traits (physical, social, emotional) of adolescent development.</p> <p>*Identify how the health of the mother directly affects the health of the fetus.</p>

**FOURTH GRADE**

<b>Unit Goals and Pacing Guide for Fourth Grade Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
3	Drugs and Medicine	<p>*Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.</p> <p>*Use of drugs in unsafe ways is dangerous and harmful.</p> <p>*Substance abuse is caused by a variety of factors.</p>
4	Family Life	<p>*The family unit encompasses the diversity of family forms in contemporary society.</p> <p>*Puberty is the period of sexual development, determined primarily by heredity, in which the body becomes physically able to produce children.</p> <p>*Knowing the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.</p> <p>*The health of the birth mother impacts the development of the fetus.</p>

**FIFTH GRADE**

<b>Unit Goals and Pacing Guide for Fifth Grade Health Curriculum, Board Adopted 8/28/18</b>		
<b>Unit Title</b>		<b>Unit Goals</b>
3	Drugs and Medicine	<p>* Medicines come in a variety of forms (prescription medicines, over-the-counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.</p> <p>* There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors</p> <p>* Substance abuse is caused by a variety of factors.</p> <p>*There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.</p>
4	Family Life	<p>*Healthy relationships require a mutual commitment.</p> <p>*Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.</p> <p>*Responsible actions regarding sexual behavior impact the health of oneself and others.</p> <p>*Knowing the physiological process of how pregnancy occurs as well as development of the fetus leading to childbirth contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.</p> <p>*Adolescent parents may have difficulty adjusting to emotional and financial responsibilities of parenthood.</p>