



Westwood Regional School District  
701 Ridgewood Road  
Township of Washington, New Jersey 07676  
201.664.0880 ext. 2070

Michael Kenduck  
Director of School Programs

Dear Westwood Regional Parents/Guardians:

### **New Health Standards**

The purpose of this message is to inform the parents/guardians of our K-5 students that during the 2021-2022 school year our elementary schools will be implementing the updated 2020 New Jersey Student Learning Standards for Comprehensive Health and Physical Education. The New Jersey Department of Education requires all public school districts to teach the [updated standards](#). Some standards are not new and were previously included as part of the 2014 Standards. Some standards are new additions.

### **New Health Curriculum**

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 Health & Physical Education teachers to meet 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 can be viewed in Atlas. Click [here](#) to view the lesson plans that the health teachers will be using.

<b>Grade</b>	<b>Lesson #/Title</b>	<b>Topics</b>
2	Lesson 1: Your Body is Private!	Medically Accurate Names for Body Parts Personal Boundaries Trusted Adults
2	Lesson 2: I am Special	Gender/Gender-Role Stereotypes
5	Lesson 3: Growing Up	Human Sexual Development
5	Lesson 4: Growing Up: Identity	Sexual Orientation/Gender Identity

### **Excusing from Health Instruction**

We understand that there might be a few of the new Comprehensive Health & Physical Education Standards that make families feel uncomfortable. Parents/guardians have the option to excuse their child from *selected portions* of health lessons that might make their child feel uncomfortable. The district's [Health and Physical Education](#) policy states:

“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.”

If you prefer to have your child excused from portions of the elementary health curriculum, send a signed letter to the school principal stating the Lesson #/Title that you would like your child to be excused from. Students who are excused from a health lesson will be supervised and expected to engage in an alternative health related instructional activity.

I want to convey that our instructional staff and school administration respects your personal choices with respect to your child’s elementary health education.

If you have any questions about the new elementary health curriculum, please contact me at (201) 664-0880 x2070, or via email ([michael.kenduck@wwrsd.org](mailto:michael.kenduck@wwrsd.org)).

Sincerely,

Michael Kenduck  
Director of School Programs