



Dear Parents/Guardians:

The New Jersey Student Learning Standards for Comprehensive Health and Physical Education were revised in 2020 to address the need for students to gain knowledge and skills in caring for themselves, interacting effectively with others, and analyzing the impact of choices and related consequences. These revised standards were implemented in the 2022-2023 school year.

We value partnerships with families as we educate students to lead a healthy, active life. We invite you to examine and discuss this information with your student prior to the instructional units at school, specifically the content related to family life education. You are welcome to contact your student's Health/Physical Education Teacher to preview the lessons that will be taught to your student(s). All topics are taught in an age, grade, and developmental manner. Linked below are the topics covered for each grade level.

[Kindergarten](#)

[Grade 1](#)

[Grade 2](#)

[Grade 3](#)

[Grade 4](#)

[Grade 5](#)

[Grade 6-8](#)

[Grade 9-12](#)

Although we strongly encourage families to have their student(s) participate in these essential health topics, we want to acknowledge that parents/guardians do have the option of excluding their student from any portion of sexuality/family life education instruction if it conflicts with their conscience or morally or religiously held beliefs. Students who opt-out will be assigned an alternative health assignment. If this is the case, please email your student's principal and their Health/Physical Education teacher with your student's name, ID number, grade, and school to indicate which subject(s) you are opting your student(s) out of participation. Students who opt out will be assigned an alternative health assignment.

According to the New Jersey Department of Education:

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 or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course.

Sincerely,

Tara Bohan

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Director of Instruction

Unlocking Potential. Creating Opportunities.

District Administrative Office Tara Bohan, Director of Instruction

540 Farview Avenue • Paramus, NJ 07652 • P: 201.343.6000 x 4079 • F: 201. 996. 6974 • E: tarboh@bergen.org • bergen.org