

September 2019

Dear Parents/ Guardians,

Enclosed is a brief outline of our health curriculum, which is implemented in grades 9, 11, and 12. Students in grade 10 will be scheduled for one marking period of driver education. This school year 11th and 12th graders will be enrolled in the “12th grade” curriculum as outlined below. Our health program is designed to present students with information mandated by the New Jersey Core Curriculum Content Standards regarding health enhancing behaviors; prevention of disease; effects of alcohol, tobacco, and other chemical compounds; human sexuality; and family life issues.

NJ Student Learning Standards for Comprehensive Health

- 2.1 (Wellness) All Students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle.
- 2.2 (Integrated Skills) All students will use health-enhancing personal, interpersonal, and life skills to support a healthy, active lifestyle.
- 2.3 (Drugs and Medicines) All students will learn and apply information about alcohol, tobacco, other drugs and medicines to make decisions that support a health, active lifestyle.
- 2.4 (Human Relationships and Sexuality) All students will learn the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Our goal is to present current, factual material to our students in a sensitive, responsible and educational setting. If you have any questions regarding the curriculum, or wish to review the materials used, you may contact the high school to arrange an appointment to meet with your student’s health instructor.

If after reviewing the curriculum you feel that any part of the instruction in family life or disease prevention education is in conflict with your conscience, or sincerely held moral or religious beliefs, then pursuant to N. J.A.C. 6:29-4.1,4, and N. J. A.C. 6:29-4.2, 1(J), your student may be excused from that part of the instructional program without penalty. In order for your student to be excused you must present a signed statement in writing regarding your concerns to the principal, Mr. John P. Pascale.

I hope you will find the enclosed outline informative. Please feel free to call me if you have any further questions.

Sincerely,

Roger Pelletier
Supervisor of Physical Education, Health, and Driver Education

GRADE 9

Brief Description

Health 9 is a marking period course that deals with health promotion and disease prevention; personal, interpersonal, and life skills; alcohol, tobacco, and other chemical compounds; and human sexuality and family life.

- Health assessment data to develop strategies for reducing health problems & related risk factors.
- Information about health issues using and evaluating valid resources.
- Lifelong wellness, using current health practices and information to meet health goals.
- Physical, behavioral, and emotional aspects of sexuality including anatomy and physiology of the male and female reproductive systems, genetic and environmental differences in behavior, and cultural and familial effects on emotional responses; responsibility to self and others and the effects of drugs on this responsibility.
- Human reproduction, covering the processes of fertilization, development of the fetus, pregnancy, prenatal care, childbirth, breast-feeding, and birth defects.
- Family planning: emphasizing choices and consequences regarding teen pregnancy, including abstinence, birth control, adoption, abortion, marriage, separation, and divorce.
- Problems of behavior such as domestic and dating violence, obscene phone calls, pornography, sexual assault, and rape (including acquaintance and date rape) and preventative measures and/or treatment methods.
- Sexually transmitted diseases including HIV/ AIDS: recognition, prevention, and treatment.
- Physical and behavioral effects of drug and alcohol use.
- Legal impacts of drug and alcohol use.
- Physiology of exercise related to fitness and wellness, the response of the body systems to exercise.

GRADE 11

Brief Description

Health 11 is a marking period course that deals with health promotion and disease prevention; first aid; cardiopulmonary resuscitation; alcohol, tobacco, and other chemical compounds.

- Responding to emergencies.
- Heimlich maneuver; obstructed airway; rescue breathing
- Skills in cardiopulmonary resuscitation and first aid (with optional American Red Cross certification in CPR).
- Alcohol and drug related accidents.
- Short-term and long-term effects of chemical use, abuse, and dependency on the body, behavior, work and school performance, and personal relationships.
- Cardiovascular Health and risk factors.

GRADE 12

Brief Description

Health 12 is a marking period course that explores a variety of topics related to lifetime health, decision making skills and coping with problems and stress, comparing and contrasting health insurance coverage and plans, coping with death and dying, mental illness and suicide prevention. Health 12 also covers drugs and alcohol use and abuse, nutrition and eating disorder, as well as planning for a lifetime of fitness.

- How stress affects the systems and organs of the body, managing stress, relieving stress, affects of stress on our daily lives, differentiating between positive and negative stress, and how stress affects our relationships
- Comparing the methods of coping in a crisis.
- Communication skills, assertiveness, negotiation, and refusal.
- Decision making skills related to personal values and choices, refusal skills, and consequences of large and small decisions.
- The difference between insurance plans, the importance of health insurance, options if you do not have insurance.
- Coping with death and dying, impending death, coping strategies, stages of grief.
- Consequences and impact of drugs and alcohol on the body systems and organs.
- Physical and legal impact of drug and alcohol use.
- Incidences related to drug and alcohol use: date rape, sexual assault, STI's, unintended pregnancies.
- Fitness goals and planning related to body mass index, body composition, importance of activity and nutrition on fitness goals.
- Lifetime fitness objectives, monitoring heart-rate, levels of fitness and activity, how calories are burned, and the affects of fitness on the different body systems.
- Nutrition and weight maintenance, reading nutrition labels, food pyramid, how food is metabolized, and eating disorders: bulimia, anorexia, overeating.
- Carbohydrates, proteins, and fats – recommended daily allowances, and the importance of nutrition and exercise together.