

# CLIFTON PUBLIC SCHOOLS

[www.clifton.k12.nj.us](http://www.clifton.k12.nj.us)

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*Assistant Superintendent*

*Curriculum and Instruction*

*Clifton Public Schools*

Dear Parent/Guardian,

The New Jersey Student Learning Standards - Comprehensive Health and Physical Education were revised in 2020 to address the need for students to gain knowledge and skills in caring for themselves, interact effectively with others, and analyze the impact of choices and consequences. These revised standards will be implemented in the 2022-2023 school year. We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, active life.

We invite you to examine and discuss this information with your child prior to the instructional units at school. Specifically, the content related to family life education. The curriculum explanations will be available on the district website. You are welcome to contact your child's Physical Education/Health Teacher to preview the lessons that will be taught to your student(s).

All topics are taught in an age, grade and developmental manner. The First Grade Curriculum will cover the following topics:

- Feelings - types of feelings, stress, mindfulness, empathy, conflict resolution, bullying/teasing, sharing and caring for others, respect, family/friend relationships
- Community/Safety - community helpers, fire safety, home safety, personal safety, emergency situations, 911, medicines
- Nutrition - healthy foods, food groups, healthy vs. unhealthy foods
- Self Care/Hygiene - teeth care, germs, communicate when ill, sleep/rest

The Clifton Public Schools acknowledges that parents/guardians are the primary family life educators for their child/children and we are committed to partnering with you to provide supplementary resources to support you in this role.

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 child from any portion of sexuality/family life education instruction if it is in conflict with their conscience, morally, or religiously held beliefs. (\*Please see the appropriate NJ Statute below) *If this is the case, please email your student's principal and their Family Life/Physical Education teacher with your student's name, ID number, grade and school to notify which subject(s) you are opting your student(s) out of.* Students who are excused will be assigned to a separate classroom for the duration of those identified lessons.

Section: 18A:35-4.7: Parent's statement of conflict with conscience: Any child whose parent or guardian presents to the school principal a signed statement that any part of the instructions 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 where such instruction is being given and no penalties as to credit or graduation shall result therefrom.

Sincerely,

Ms. Janina Kusielewicz

Assistant Superintendent of Curriculum and Instruction