



Roselle Public Schools

710 Locust Street
Roselle, New Jersey 07203



September 14, 2023

Dear Family Member:

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, interact effectively with others, and analyze the impact of choices and consequences ([NJ.Gov.education/standards/chp/Docs/2020_NJSLS-CHPE_Kto2.pdf](https://www.nj.gov/education/standards/chp/Docs/2020_NJSLS-CHPE_Kto2.pdf)).”

Below please find the standards that will be covered in grades K-4:

Grades K-2

2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.

2.1.2.PGD. 2: Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth).

2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness.

2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness.

2.1.2.PGD.5: List medically accurate names for body parts, including the genitals.

Grades: 3-4

2.1.5.PGD.1: Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one’s wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity).



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Grade: 4 School Nurse/Health and Physical Educator/Classroom Teacher

2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.

2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.

2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.

Beginning in second grade, medically accurate terminology for genitalia, such as breast, penis and vulva will be introduced.

The Roselle Public School District acknowledges that parents are the primary sexuality educators for their child/ren. As such, parents may opt their child/ren out of any part of instruction in health, family life education, or sex education, as per N.J.S.A. 18A:35-4.7 by writing a letter to the school principal and classroom teacher.

N.J.S.A. 18A:35-4.7: Parent's Statement of Conflict with Conscience The NJDOE recognizes and respects that some families prefer to have these conversations privately. 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. Parents and guardians seeking to exercise this option should contact their local school principal directly.

Yours in Education,

Lissette Gonzalez-Perez, Ed. D.
Assistant Superintendent



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Emotional Health - 5th Grade

2.1.5.EH.1: Discuss the impact of one’s feelings and thoughts that lead to healthy and unhealthy behaviors.

2.1.5.EH.2: Explain how to cope with rejection, loss, difficult learning situations and/or separation from family or others.

2.1.5.EH.3: Identify different feelings and emotions that people may experience and how they might express these emotions (e.g., anger, fear, happiness, sadness, hopelessness, anxiety).

2.1.5.EH.4: Identify behaviors that help to deal with difficult situations that can occur at home, in school, and/or in the community and where to go for assistance.

Social and Sexual Health - 5th Grade

2.1.5.SSH.3: Demonstrate ways to promote dignity and respect for all people (e.g. sexual orientation, gender identity and expression, race, ethnicity, socio-economic status, differing ability, immigration status, family configuration).

2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with family members.

Physical Fitness - 5th Grade

2.2.5.PF.2: Accept and respect others of all skill levels and abilities during participation.

2.2.5.PF.3: Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness.



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Physical Fitness - 5th Grade

Proactively engage in movement and physical activity for enjoyment individually or with others.

Personal Safety - 5th Grade

2.3.5.PS.1: Develop strategies to reduce the risk of injuries at home, school, and in the community. ○ 2.3.5.PS.5: Communicate personal boundaries and demonstrate ways to respect other people's personal boundaries.

Emotional Health - 6th Grade

2.1.8.EH.2: Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.

Social and Sexual Health - 6th Grade

2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships

2.1.8.SSH.4: Compare and contrast the characteristics of healthy and unhealthy relationships.

Physical Fitness - 6th Grade

2.2.8.PF.2: Recognize and involve others of all ability levels into a physical activity.

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Yours in Education,

Lissette Gonzalez-Perez, Ed.D.
Assistant Superintendent