September 2026

REVISED 2020 NJSLS in Comprehensive Health and Physical Education

Dear Parents & Guardians:

We are pleased to announce the revision of the New Jersey State Learning Standards in Comprehensive Health and Physical Education provided by the NJ Department of Education. 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 have always instructed sensitive areas with care and will continue to have a commonsense approach to sharing information, always encouraging discussion with a trusted adult at home.

You are invited to examine and discuss information with your child prior to the instructional units at school, specifically, the content related to family life education. For your review, the curriculum guides are available on the district website. Please contact your child's building principal who will be able to answer any questions you may have about how these instructional units will be implemented in your child's classroom. You are also encouraged to contact your child's Health Teacher with any questions regarding the health and PE instruction.

Depending on your child's grade level, topics may include:

- Abstinence
- Decision Making
- Healthy Relationships
- Human Reproduction and Childbirth
- HIV/AIDS and Sexually Transmitted Infections (STIs)
- Mental Health
- Personal Safety
- Puberty
- Self-Advocacy
- Contraception and Pregnancy Prevention

The Garfield School District acknowledges that parents/guardians are the primary family life educators for their child/children, and we are committed to partnering with you to support you in this role. Although we strongly encourage families to have their student 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 conflicts with their conscience, or morally or religiously held beliefs. *(*Please see the appropriate NJ Statute below)* If this is the case, you should list below the topics you wish to excuse your child from. Students who are excused will be assigned to a separate classroom for the duration of those identified lessons.

Sincerely,
Dr. Richard Tomko, Superintendent of Schools

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.*
I acknowledge that I have read the above information on the 2020 New Jersey Student Learning Standards for Health and Physical Education _____YES

I wish for my child to be excused from the following topics of the family life/sexuality education unit due to moral, ethical and/or religious beliefs:
dfsdf

*You may view the fully posted curriculum & pacing guide on the district website by kindly clicking the link

https://www.gboe.org/departments/curriculum_instruction/curriculum/comprehensive_health___physical_education