



Township Public Schools

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Dear Parent/Guardian:

The State Department of Education has mandated that all schools in New Jersey have a program of Comprehensive Health Education which includes Family Life and Disease Prevention in their curriculum of instruction.

The Wayne Board of Education has a program of Health Education for grades Kindergarten through 12.

Attached for your information is a copy of the outline of the elementary curriculum K-5 that will be taught during your son's or daughter's Health course. If you wish to have your child excluded for a particular phase of the course, kindly contact the school nurse.

If you have a question or would require additional information, please feel free to contact your son's or daughter's school nurse or my office at the above phone number.

Sincerely,

A handwritten signature in blue ink that reads "Suzanne Koransky RN".

Suzanne Koransky, R.N., M.A.  
District Lead Nurse

A handwritten signature in black ink that reads "Donna Reichman".

Donna Reichman  
Director of Elementary Schools

**Outline of Health Education  
Presented by Certified School Nurse/Teacher/School Counselor  
Grades K through 5**

**KINDERGARTEN**

First Aid and Safety/Rules  
Social Health/Family/Friends  
Nutrition/Types of Food  
Growth and Development  
Drug Awareness  
Disease Prevention

**GRADE 1**

Social Health/Communication Skills  
Nutrition/Food Pyramid  
Physical/Emotional/Social Growth & Development  
Definition of Kinds of Drugs  
Safety Precautions  
Consumer and Community Health

**GRADE 2**

Family Life Changes  
Nutrition/Healthy Food Choices  
Physical Growth and Development  
Drug Concepts/Actions on Body  
Disease Prevention/Immune System  
First Aid and Safety/Hazards

**GRADE 3**

Nutrition/Wellness  
The Student as a Unique Individual/Human Relationships  
Substance Abuse/Nicotine  
Communicable and Non Communicable Disease  
First Aid and Safety/Self-Protection

**GRADE 4**

Nutrition/Disease Prevention  
Growth and Development/Body Systems  
Substance Abuse/Definitions/Signs 7 Symptoms  
Disease Prevention/Germs  
First Aid & Safety/Emergency Situations  
Heimlich Maneuver  
Personal Health/Healthy Decisions  
Human Relationships/Sexuality

**GRADE 5**

Human Relationships/Sexuality  
Disease Prevention  
- communicable vs. non-communicable  
- HIV/AIDS  
Scoliosis  
Substance Abuse/D.A.R.E. Program  
Nutrition/Healthy Decisions