



# HOLMDEL TOWNSHIP SCHOOL DISTRICT

*Office of the Interim Assistant Superintendent of Schools  
Dr. Jeffrey Charney*

1. I am hearing a lot of "noise" about next year's health curriculum - the major concern being sex ed. I read through the "2020 NJSLS - Comprehensive Health and Physical Education Introduction" on the [nj.gov](http://nj.gov) website. I also read through the "K-6 Health Scope and Sequence" link that was provided in the Holmdel Township communication yesterday. As far as I can tell, these are taken directly from the Curriculum Guides on the school website, which appear to have been approved in 2019, prior to the 2020 NJSLS. Am I reading the most up to date info? Are there any changes being made to Holmdel's 2022-2023 health curriculum as a result of the 2020 NJSLS?

The DOE has allowed districts to defer the rewriting of health curricula until 2022. Holmdel will be incorporating 2020 State Standards into the Health Curriculum during the summer of 2022. These will be presented to the Board of Education for Fall approval.

2. Where can I take this one step further and get more details about the text books and materials used for certain subjects or topics?

A detailed description of each grade level curriculum is on the website for the school. In the letter we delivered an abridged version.

3. I just wanted to know who usually teaches Health class and when would kindergarteners have it?

The Physical Education teachers teach health, however, there are no formal health lessons at this age group. They incorporate proper exercise, nutrition, and hygiene, ex hand washing, proper healthy habits( keeping hands away from their face, nose, etc) to stay healthy and prevent the spread of germs.

4. Would it be possible to obtain more detailed information on what exactly will be explained/taught to my kids in Grade 2 in regard to disease prevention strategies that promote a person's health.

Physical education teachers discuss hygiene, hand washing to prevent the spread of germs, good nutrition and exercise as ways to stay healthy and prevent illness. They do not isolate specific lessons for health class. They incorporate these conversations into their daily routines during gym class.

5. Will you be alluding to vaccination at any point?

The medicine conversation is very basic and discusses types of medications such as over the counter versus prescription, illegal versus legal drugs. Teachers talk about the importance of taking meds as directed. They do not talk about vaccines at all. There is a separate nutrition unit that covers healthy eating.

Every health unit is basic exposure and if students bring up a question that they don't cover, they explain that they don't cover it and to direct the students to ask their parents.



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6. In Grade 4 what exactly will be explained/taught in regards to medicine? How and why is it used to treat illness?

The medicine conversation is very basic and discusses types of medications such as over the counter versus prescription, illegal versus legal drugs. They talk about the importance of taking meds as directed. Every health unit is basic exposure and if students bring up a question that they don't cover, they explain that they don't cover it and direct the students to ask their parents.

7. RX meds? Pharmacy meds? Will you explain that this medical intervention is not necessary if you make healthy lifestyle choices? Will you explain that this type of intervention should be used as a last resort? Will you explain that the overuse of this "medicine" will lead to a lifetime of illness and dependency? Will you explain that doctors only know to prescribe pills to treat symptoms, not problems? Will you explain that food is medicine? Will you explain that each child has the power to live a life free from this type of medical interference? This is a critically important topic. I really hope we are not promoting pills/syrups/injection here.

We present healthy life choices in Health Curricula. These include pharmaceutical treatments as well as proper nutrition and more healthy choices. No opinion is rendered in the presentation of this material, just biological fact.

8. In Grade 6 what will exactly be explained about the impact of public health strategies and preventing disease and health conditions.

The medicine conversation is very basic and discusses types of medications such as over the counter versus prescription, illegal versus legal drugs.. Teachers talk about the importance of taking meds as directed. They do not talk about vaccines at all.They touch upon good hygiene as the closest thing in keeping you healthy and covering your mouth when you sneeze and cough. There is a separate nutrition unit that covers healthy eating.

9. It is my recollection that when your child was going to have the "health curriculum" a letter was sent home explaining that your child would be allowed to opt out. How has this procedure changed or been modified?

No letter will be sent out except the general letter which has been sent to K-6. All parents have access to the curriculum, an abridged version through the letter link and a more comprehensive version on the school website. *The parent can request exemption from any specific piece of the curriculum.*