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Dear Parent or Guardian:

The Readington Township School District recognizes that parents/guardians have a crucial role in their child's education. With that in mind, we would like to inform you that **Fourth Grade** students will soon start learning about health standards related to Personal Growth and Development and Social Sexual Health. We believe that it's essential to collaborate with families to provide students with the knowledge and skills required to lead a healthy, active life.

We invite you to examine and discuss this information with your child before this content is presented at school. The curriculum guide is available on the district website for your review ([Our District /Curriculum Department/Curriculum Documents](#)). You are also welcome to contact your child's Health Teacher for further details about the content of the lesson.

Beginning the week of May 19th, our certified health/physical education teacher will present one approximately 40-minute lesson. Boys and girls will receive this lesson together during their regularly scheduled Health/PE class times. The lesson will convey:

- Hormones affect body function and emotions during puberty.
- Physical changes take place during puberty.
- Puberty causes physical, emotional, and social changes that need to be managed.
- Students should seek out trusted adults if they have questions about puberty.

We encourage families to have their students participate in this important health topic. However, we want to remind parents and guardians that they have the option to excuse their child from any part of health education instruction if it conflicts with their conscience, moral beliefs, or religious beliefs. If this is the case with your child, please [CLICK HERE to fill out the OPT-OUT FORM](#). **This form must be completed before May 15th.** Students who are excused will be assigned to a separate classroom for the identified lessons.

Sincerely,
Carrie Sivo, Health and Physical Education Teacher
Sarah Pauch, Supervisor