



Jonathan Hart, Ph.D., *Superintendent*
Sarah Pauch, *Supervisor of Math, Science & Technology*

jhart@readington.k12.nj.us
spauch@readington.k12.nj.us

P.O. Box 807 • 52 Readington Road • Whitehouse Station, NJ 08889 • (908)-534-2195 • (908) 349-3042 fax

Dear Parent or Guardian:

The Readington Township School District acknowledges that parents/guardians are the primary educators for their child/children. To that end, we are writing to inform you that in the upcoming weeks, **Fourth Grade** students will begin to explore health standards under the domain of Personal Growth and Development and Social Sexual Health. We value the importance of partnering with families as we educate students on the knowledge and skills they need in order 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.

During the week of May 15th 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 cause physical, emotional, and social changes that need to be managed.
- Students should seek out trusted adults if they have questions about puberty.

Although we encourage families to have their students participate in this essential health topic, we want to remind Parents/Guardians that they do have the option of excluding their child from any portion of health education instruction if it conflicts with conscience, moral, or religious beliefs. If this is the case with your child, please [CLICK HERE to fill out the EXCLUSION FORM](#). **This form must be completed prior to May 1st.** 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