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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, **Seventh Grade** students will begin to explore health standards under the domains 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 lessons.

During the weeks of May 15<sup>th</sup> and 22<sup>nd</sup> certified health/physical education teachers will present health lessons during your child's regularly scheduled health class that include the following information:

Day 1: Reproductive System & Pregnancy/Prenatal Health

- Breast and testicular self-examinations and routine medical checkups are important to maintain overall health.
- Abstinence is the most effective way to prevent pregnancy.
- Pregnancy has symptoms.
- There are resources a person can use once they discover they are pregnant to promote a healthy pregnancy.
- From fertilization through birth there are stages of growth and development.

Day 2: Sexually Transmitted Infections

- Vaginal, oral, and anal sex can spread sexually transmitted diseases/infections.
- Sexual behaviors determine if a person is at high, low, or no risk of contracting STIs.
- Health professionals at school and in the community are available to assist with emotional situations.
- There are sources of support at home, in school, and in the community, such as parents, guardians, and other trusted adults who can provide information and help with a variety of health topics

Day 3: Gender Identity

- The terms gender roles, gender identity, gender expression, and sexual orientation can be defined.
- Any individual can and should be communicated with respectfully.

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 before May 1<sup>st</sup>.** Students who are excused will be assigned to a separate classroom for the identified lessons.

Sincerely,

The RMS Health and Physical Education Teachers: Jim Casertano, Michelle Hodge, Adam Lillia, Stephanie Sperone, Paul Yunos and Sarah Pauch, Supervisor