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Dear Parent or Guardian:

The Readington Township School District recognizes that parents/guardians play a vital role in educating their children. We understand the importance of working together with families as we equip students with the knowledge and skills necessary to lead a healthy and active life. With this in mind, we would like to inform you that **Second Grade** students will soon begin to cover health standards related to Personal Growth and Development.

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.

Starting the week of May 19th, the certified health/physical education teachers will be joined by the school nurse to teach one 10-15 minute lesson. Boys and girls will receive this lesson together during their regularly scheduled PE/Health class times. The lesson will convey:

- Individuals have various body parts, and some are private. These parts are typically covered by underwear or bathing suits.
- Males (men/boys) are born with a penis and Females (women/girls) are born with a vagina.
- It is important to know the correct names for body parts in order to ask your parents or a doctor for help.
- If something hurts or makes you upset, you can ask your parents or another adult for help.

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 the 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 15<sup>th</sup>**. Students who are excused will be assigned to a separate classroom for the identified lessons.

Sincerely,

Alex Bors and Krystiana Sellers, Health and Physical Education Teachers  
Sarah Pauch, Supervisor