



JACKSON SCHOOL DISTRICT

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Nicole Pormilli, Superintendent

JACKSON SCHOOL DISTRICT HEALTH CURRICULUM OUTLINE

SEPTEMBER 8, 2020

A statewide panel of outstanding high school and university educators, the New Jersey Department of Health, and the New Jersey Department of Education was appointed to recommend statewide core proficiencies in health education. The New Jersey State Board of Education adopted these core proficiencies and the Jackson School District has incorporated them into our district-wide health programs (grades K-12). These comprehensive health standards will establish a strong foundation of knowledge, skills, and attitudes. Our goal is to encourage students to make appropriate choices and lead a healthy lifestyle.

In accordance with the New Jersey Administrative Code (N.J.A.C.6:29:4.1.1(J), the Jackson School District policy states that, "Any pupil whose parents present to the principal a signed statement that any part of the instruction in Family Life Education is in conflict with his or her conscience or sincerely held moral or religious beliefs, shall be excused from the portion of the courses where such instruction is being given and no penalties as to credit or graduation shall result."

The content of your child's comprehensive health program is enclosed in outline form for your review. If you have any questions, or wish to exercise your choice of exclusion, please contact your building principal no later than Sept. 25, 2020.

For more information, about the New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education, visit the New Jersey Department of Education's comprehensive Health and Physical Education Curriculum and Instruction web page at <http://www.nj.gov/education/aps/cccs/chpe/>

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

KINDERGARTEN

I. Mental, Emotional, Family, and Social Health

- A. You Feel and Think
- B. Your Family and Friends

II. Growth and Nutrition

- A. Your Grow and Change
- B. Food for Health

III. Personal Health and Safety

- A. A Clean and Fit You
- B. Staying Safe

IV. Drugs and Disease Prevention

- A. Medicines and Drugs
- B. Staying Well

V. Community and Environmental Health

- A. Health Helpers
- B. A Healthful Place to Live

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

GRADE 1

- I. Mental, Emotional, Family, and Social Health**
 - A. Health and You
 - B. Your Family, Your Friends, and You

- II. Growth and Nutrition**
 - A. Your Growing Body
 - B. Healthful Foods

- III. Personal Health and Safety**
 - A. Staying Clean and Fit
 - B. Staying Safe

- IV. Drugs and Disease Prevention**
 - A. Medicines and Drugs
 - B. Stay Well

- V. Community and Environmental Health**
 - A. Be Health Wise
 - B. A Clean Earth

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

GRADE 2

- I. Mental, Emotional, Family, and Social Health**
 - A. Your Feelings
 - B. Getting Along

- II. Growth and Nutrition**
 - A. Your Body
 - B. Healthful Foods for You

- III. Personal Health and Safety**
 - A. Keeping Clean and Fit
 - B. Safety and You

- IV. Drugs and Disease Prevention**
 - A. Medicines and Drugs and You
 - B. Fighting Germs

- V. Community and Environmental Health**
 - A. Health Helpers and You
 - B. Taking Care of Earth

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

GRADE 3

I. Mental and Emotional Health

- A. Health is Well-Being
- B. Your Self-Concept
- C. Your Mind and Emotions
- D. Good Character Matters
- E. Making Responsible Decisions
- F. Manage Stress

II. Family and Social Health

- A. Healthful Relationships
- B. Resolving Conflict
- C. My Family
- D. My Friends

III. Growth and Development

- A. Growing and Changing
- B. Your Muscles and Bones
- C. Your Heart and Lungs
- D. Your Digestive System
- E. Your Senses and Nervous System

IV. Nutrition

- A. Why You Need Food
- B. The Dietary Guidelines
- C. Choosing Healthful Meals and Snacks
- D. Food Safety

V. Personal Health and Physical Activity

- A. Checkups and Dental Health
- B. Your Eyes and Ears
- C. Good Grooming
- D. Physical Activity
- E. A Good Workout
- F. Safety and Physical Activity

VI. Violence and Injury Prevention

- A. Indoor Safety
- B. Safety on the Go
- C. Safe in Wind and Weather
- D. Staying Safe Around People
- E. Staying Safe From Violence
- F. Emergencies
- G. How to Give First Aid

VII. Alcohol, Tobacco, and Other Drugs

- A. Using Medicines Safely
- B. Alcohol
- C. Tobacco
- D. Other Drugs

VIII. Communicable and Chronic Diseases

- A. Diseases That Spread
- B. Fighting Disease
- C. Chronic Diseases

IX. Consumer and Community Health

- A. Be a Health-Wise Consumer
- B. Community Health
- C. Helpers
- D. Be an Active Community Member

X. Environmental Health

- A. Your Environment
- B. Protecting the Environment

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

GRADE 4

- I. Mental and Emotional Health**
 - A. Plan for Good Health
 - B. Good Character and Your Health
 - C. Responsible Decision
 - D. Your Self-Concept
 - E. Expressing Emotions
 - F. Reducing Stress
- II. Family and Social Health**
 - A. Your Relationships
 - B. Managing Your Emotions
 - C. How a Healthy Family Functions
 - D. How Families Change
 - E. Healthful Friendships
 - F. When Others are Unkind
- III. Growth and Development**
 - A. Your Body Systems
 - B. Bones, Muscles, and Skin
 - C. More Body Systems
 - D. The Stages of the Life Cycle
 - E. Your Future Growth
- IV. Nutrition**
 - A. Getting the Nutrients Your Body Needs
 - B. Making Healthful Food Choices
 - C. Good Labels and Food Ads
 - D. Eating Healthful Meals and Snacks
 - E. Preventing Foodborne Illness
 - F. A Healthful Weight
- V. Personal Health and Physical Activity**
 - A. Take Care of Your Health
 - B. Take Care of Your Teeth
 - C. Good Grooming
 - D. Be Physically Active
 - E. Be Physically Fit
 - F. Set Up a Personal Fitness Plan
 - G. Be Fair and Be Safe
- VI. Violence and Injury Prevention**
 - A. Safety at Home and School
 - B. Being Safe Outdoors
 - C. Ride Safety
 - D. Being Safe from Violence
 - E. Being Safe from Gangs
 - F. How to Handle an Emergency
 - G. First Aid Skills
- VII. Alcohol, Tobacco, and Other Drugs**
 - A. Safe Drug Use
 - B. Alcohol and Health
 - C. Tobacco and Health
 - D. Drug Abuse
 - E. Stay Drug Free
- VIII. Communicable and Chronic Diseases**
 - A. Diseases That Spread
 - B. The Body's Defenses
 - C. Treating Disease
 - D. Chronic Diseases
 - E. Heart Disease
 - F. Cancer
- IX. Consumer and Community Health**
 - A. Consumers and Advertising
 - B. Wise Buys
 - C. Community Health Care
- X. Environmental Health**
 - A. A Healthful Environment
 - B. Reducing Pollution
 - C. Conserving Resources

**JACKSON SCHOOL DISTRICT
HEALTH CURRICULUM OUTLINE**

GRADE 5

I. Mental and Emotional Health

- A. What are Health and Wellness?
- B. Plan for a Healthy Life
- C. Your Personality and Character
- D. Your Emotions
- E. Taking Charge of Your Health
- F. Managing Stress

II. Family and Social Health

- A. Your Social Health
- B. Communication in Relationships
- C. When Conflict Occurs
- D. Health in the Family
- E. Facing Family Challenges
- F. Among Friends
- G. Facing Challenges in Relationships

III. Growth and Development

- A. Your Body's Systems
- B. Your Heart and Lungs
- C. More Body Systems
- D. The Stages of Life
- E. You Are Unique

IV. Nutrition

- A. Your Basic Nutritional Needs
- B. Aim for a Balanced Diet
- C. Food That's Safe to Eat
- D. Your Weight Manager

V. Personal Health and Physical Activity

- A. Caring for Your Body
- B. Your Teeth, Eyes, and Ears
- C. The Benefits of Physical Activity
- D. A Balanced Workout
- E. Play it Safe

VI. Violence and Injury Prevention

- A. Keep Safe Indoors
- B. Keep Safe Outdoors
- C. How to Handle Emergencies
- D. Facts on First Aid
- E. Staying Violence Free
- F. Steering Clear of Gangs

VII. Alcohol, Tobacco, and Other Drugs

- A. Drugs and Your Health
- B. Alcohol and Health
- C. Tobacco and Health
- D. Other Drugs to Avoid
- E. When Someone Abuses Drugs
- F. Resisting Pressure

VIII. Communicable and Chronic Diseases

- A. Communicable Diseases
- B. How Your Body Fights Infection
- C. Signs of Illness
- D. Chronic Disease and the Heart
- E. Chronic Disease: Cancer
- F. Other Chronic Diseases

IX. Consumer and Community Health

- A. What Smart Consumers Know
- B. Help for Consumers
- C. Planning a Healthful Community
- D. Careers in Health and Fitness

X. Environmental Health

- A. Your Environment
- B. Protecting Water and Land
- C. Conservation
- D. A Positive Environment