



RIDGEWOOD PUBLIC SCHOOLS

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November 28, 2022

Dear Parents/Guardians;

It is the mission of The Ridgewood Public Schools Wellness Program to provide our students with a knowledge base and skill set that will enhance their capacity to make intelligent, informed decisions, and to exhibit behaviors that nurture their physical, social, and emotional well-being.

We believe a most critical element to a student's success lies in the home, the school, and the community working collaboratively. Without question, the values our students learn at home are essential in providing them direction throughout their lives. Ongoing dialogue with your child concerning your values and opinions on important topics, such as alcohol, drug use, and family and social relationships, will give your child a context in which to make appropriate and healthy decisions. The School Nurse Educator will be glad to speak with you to discuss the curriculum.

The 2022-23 school year will include the implementation of the [2020 New Jersey Student Learning Standards - Comprehensive Health and Physical Education](#). The district has revised the curriculum to address the new standards. Specifically, **NJSLS-CHPE standard 2.1.2.SSH1: Discuss how individuals make their own choices about how to express themselves. And standard 2.1.2.SSH.2: Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.** This indicator will be addressed in the Grade 2 Wellness curriculum in the **Family and Social Relationships** unit. The book, ***Dolls and Trucks are for Everyone***, by Robb Perman, will be used to demonstrate that activities, sports, and hobbies can be enjoyed by both genders, reinforcing that gender stereotypes can limit behavior, and validating how there are a range of ways for all individuals to express themselves through their interests, activities, and expression. This particular lesson will be delivered by the School Nurse Educator the week of January 9th in each Grade 2 classroom separately. Should you have questions regarding this lesson please reach out to your School Nurse Educator. Should you choose to opt your child out of this lesson the paragraph below provides information on how to do this.

Health and Physical Education is a requirement for all students who attend a public school. Pursuant to N.J.S.A. 18A: 35-4.7 and Ridgewood Board of Education policy 2422, any child whose parent or guardian presents to the Principal a signed statement that any part of the instruction in health, family life education or sex education is in conflict with his/her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the health curriculum. Your child will be assigned an alternate learning experience and your child's grade will not be affected. Should you choose to opt out, you will consult with the building principal at that time. It is also encouraged that you connect with your child's teacher and the School Nurse Educator.

If you have further questions, please do not hesitate to call me.

Sincerely,

Dan Kilday,

K-12 Supervisor of Wellness, FCS, and Nurses