



CURRICULUM DEPARTMENT

EAST GREENWICH

TOWNSHIP SCHOOL DISTRICT

Mrs. Lisa Giorgianni, Director of Curriculum and Instruction

March 10, 2025

Dear Parents and Guardians,

A comprehensive family life and health curriculum encourages students to take responsibility for their own lives by establishing health practices supporting lifelong wellness. The New Jersey Student Learning Standards for Comprehensive Health and Physical Education outline what students at each grade level band as part of family life in their health classes. Below are the family life topics and resources used in your child's fourth-grade health class this year. All content and activities are the same as last year.

- Family Life (1 Lesson): *April 8th-14th (day 1-5 cycle)*
 - Topics: Relationship with family and friends; Healthy vs. Unhealthy Relationships
 - This lesson takes place during health class with all students. Instructional resources include:
 - [Grade 4: Family Life Slides](#)
 - [Talk About It Cards](#)
- Puberty Talk (1 Lesson): *Tuesday, April 15th*
 - During this program, the males and the females will be separated. Mr. DeVillasanta, our Samuel Mickle Health and Physical Education teacher, will speak to the males. Mrs. O'Malley, our Samuel Mickle Health and Physical Education teacher, will speak to the females. Mrs. Brown, our school nurse, will support both sessions.
 - Our program will include a video presentation and discussion. The *Always Changing* puberty education program assists us in teaching important topics of puberty and development. You may view the video online, [Always Changing - Males](#) or [Always Changing - Females](#).
 - Please view the [parent resources from Always Changing](#) if you wish to have tools to support discussions with your child.

After reviewing this information, any parent or guardian can excuse their child from these family life course portions without penalty. If you choose to have your child excused from any family life portion, please complete the attached refusal form and return it by Wednesday, April 2nd. Your child will be placed in an alternative setting and given an alternative assignment during the family life lesson.

Please contact the health teachers or the building principal if you need more specific information regarding any portion of your child's health program. There is also additional information on the health programs within the [East Greenwich Township Curriculum Website](#).

Sincerely,

Mrs. Lisa Giorgianni

Director of Curriculum and Instruction

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Family Life and Puberty Talk Refusal Form

4th Grade

Refusal Form - Return by *Wednesday, April 2, 2025*

Please return this form ONLY if you do NOT want your child to participate.

I request that my child be excused from participating in the following portions of family life:

☐ **Family Life Lesson (1 lesson)**
April 8th-14th (day 1-5 cycle)

☐ **Puberty Talk (4th-grade only)**
Tuesday, April 15th

Student's Name: _____

Homeroom Teacher: _____

Parent's Signature: _____