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Dear Parent/Guardian,

The New Jersey Student Learning Standards - Comprehensive Health and Physical Education were revised in 2020 to address the need for students to gain knowledge and skills in caring for themselves, interact effectively with others, and analyze the impact of choices and consequences. These revised standards will be implemented in the 2022-2023 school year. We value the importance of partnering with families as we educate students in 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 prior to the instructional units at school. Specifically, the content related to family life education. The curriculum explanations will be available on the district website. You are welcome to attend lessons that will be taught to your student(s).

All topics are taught in an age, grade and developmental manner. The Second Grade Curriculum will cover the following topics:

- Feelings - types of feelings, stress, mindfulness, empathy, conflict resolution, bullying/teasing, sharing and caring for others, respect, family/friend relationships
- Safety -stranger safety, personal body safety, personal safety
- Nutrition - healthy foods, food groups, healthy vs. unhealthy foods
- Self Care/Hygiene - teeth care, germs, communicate when ill, sleep/rest
- Social Health - relationships/roles of family members, acceptance of individual choices/expressions, stereotypes
- Your Body - terminology, systems