

Hackensack Middle School

360 Union St.
Hackensack, New Jersey 07601
201-646-7842 Fax: 201-646-7840

Celso King
Principal

Dear Parents/Guardians,

It is the mission of Hackensack Middle School Health program to provide your child with the knowledge base and skill set to enhance their ability to make intelligent, informed decisions, therefore nurturing their physical and emotional well being. To reach this goal, the following current curriculum topics are discussed during your child's health courses at Hackensack Middle School. These topics are mandated by the New Jersey State Core Curriculum Content Standards.

Health Grades 5:	Nutrition, Safety and First Aid, Family Life and Character Development, Personal Care and Hygiene, Puberty and Sexuality
Health Grade 6:	Safety and Environment, Child Abuse and Neglect, Relationships, Alcohol and Tobacco, Dependency, Addiction and Treatment
Health Grade 7:	Nutrition, Social and Emotional, Drug Education
Health Grade 8:	Drug Education, Social and Emotional, Sexuality

A listing of teaching materials such as textbooks, instructional videos, and student handouts are available upon request. If you would like to view these materials, please contact your child's Health teacher or Dr. Joyce Cutler, the Health Supervisor, to make arrangements.

Opt-Out Request

Although Health Education is a New Jersey State requirement, parents may request their child be exempt from the Family Life Curriculum. Please contact Dr. Joyce Cutler at 201-646-7929 or email j.cutler@hackensackschools.org to request an Opt-Out form. Your child will be excused from this portion of the health curriculum and provided with alternative learning experience. There is no academic penalty if you choose this option.

Sincerely,
Dr. Joyce Cutler
Health Supervisor