

# *Hackensack High School*

First and Beech St.  
Hackensack, New Jersey 07601  
201-646-7900

**Mr. J. Montesano**  
Principal

Dear Parents/Guardians,

It is the mission of Hackensack High 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 High School. These topics are mandated by the New Jersey State Core Curriculum Content Standards.

Health Grades 1:	Physical Fitness, Nutrition, Safety, First Aid and CPR, Mental Health and Mental Illness
Health Grade 2:	Driver Education
Health Grade 3:	Family Life, Abusive Relationships, Consumer Health
Health Grade 4:	HIV/AIDS, Drugs and Alcohol Use and Abuse, Teen Suicide, Death and Dying

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. Cutler, District Health and Physical Education 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. Cutler at 201-646-7929 or email [j.cutler@hackensackschools.org](mailto: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. J. Cutler  
District Health and Physical Education Supervisor