



School District of the Chathams

259 Lafayette Avenue
Chatham, NJ 07928
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Lisa Lattarulo & Karen Leister
Supervisors of Student Health and Well Being
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August 2021

Dear First Grade Parents/Guardians:

Your first grade child will be learning Health Education in school this upcoming year as part of the NJ State Standards in Health and Physical Education. Some of the topics that are included in the first grade curriculum are: nutrition, fire safety, bike safety, safety at home, dental care, healthy habits, proper use of medicines, friendships and decision making.

The Health Education instruction also includes Family Life curriculum. First graders will learn about types of families and how to build healthy relationships. Students will also discuss friendship and identify ways to be a good friend. Be assured the content of this curriculum will be presented in an age appropriate manner. We encourage you to also have these conversations with your child at home.

If you have any questions about the curriculum, feel free to contact Lisa Lattarulo (llattarulo@chatham-nj.org) or Karen Leister (kleister@chatham-nj.org).

Warm regards,

Lisa Lattarulo and Karen Leister

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August 2021

Dear Second Grade Parents/Guardians:

Your second grade child will be learning Health Education in school this upcoming year as part of the NJ State Standards in Health and Physical Education. Some of the topics that are included in the second grade curriculum are: nutrition, fitness, the main organs of the human body, dangers of alcohol and tobacco use, establishing healthy habits, expressing emotions and ways to cope with stress.

The Health Education instruction also includes Family Life curriculum. Second graders will learn about the roles of the family, compare and contrast types of families, skills to build healthy relationships and communication skills. Students will also discuss friendship and identify ways to be a good friend. Be assured the content of this curriculum will be presented in an age appropriate manner. We encourage you to also have these conversations with your child at home.

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Dear Third Grade Parents/Guardians:

Your third grade child will be learning Health Education in school this upcoming year as part of the NJ State Standards in Health and Physical Education. Some of the topics that are included in the third grade curriculum are: nutrition, fire, home and personal safety, illness and accident prevention, Lyme disease, healthy habits and how to be a responsible person.

The Health Education instruction also includes Family Life curriculum. Third graders will learn about building relationships, identifying family values and skills to resolve conflicts. Be assured the content of this curriculum will be presented in an age appropriate manner. We encourage you to also have these conversations with your child at home.

If you have any questions about the curriculum, feel free to contact Lisa Lattarulo (llattarulo@chatham-nj.org) or Karen Leister (kleister@chatham-nj.org).

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Dear Kindergarten Parents/Guardians:

Your kindergarten child will be learning Health Education in school this upcoming year as part of the NJ State Standards in Health and Physical Education. Some of the topics that are included in the kindergarten curriculum are: nutrition, fire safety, bike safety, safety at home, dental care, healthy habits, proper use of medicines, friendships and decision making.

The Health Education instruction also includes Family Life curriculum. Kindergarteners will learn about different roles and responsibilities in families. Students will also discuss friendship and identify ways to be a good friend. Be assured the content of this curriculum will be presented in an age appropriate manner. We encourage you to also have these conversations with your child at home.

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