

# **HOLMDEL PARENT WORKSHOP: 2020 HEALTH STANDARDS**

October 3, 2022

Dr. Jessica Irwin

# TODAY'S OBJECTIVES



- *To gain an understanding of what is required by the NJ DOE and gain insight into how the requirements will be implemented.*
- *To access what topics will be address at each grade level.*
- *To provide a sampling of resources that may offer support to both teachers and parents regarding the 2020 Comprehensive Health and Physical Education Standards.*
- *To understand procedures regarding opt in and opt out.*

# BASIC DESIGN CHANGES



- Competencies are now by the end of 4 grade bands: 2, 5, 8, 12 (instead of 6 grade bands: P,2,4,6,8,12)
- Implementation Required 2022-2023 school year
- Broken into Disciplinary Concepts and Core Ideas
- Because the standards are banded (K-2, 3-5, 6-8, 9-12), we used discretion in determining when standards would be addressed within each band. For example, the performance expectation, “differentiate between sexual orientation and gender identity” falls within the 3-5 band, however it would not be included in the curriculum until grade 5.



# BASIC DESIGN CHANGES 2014 TO 2020



2014 = 6 Comprehensive and Physical Education Standards:

- Wellness (2.1)
- Integrated Skills (2.2)
- Drugs and Medicines (2.3)
- Human Relationships and Sexuality
- Motor Skill Development (2.5)
- Fitness (2.6)

2020 = 3 Comprehensive Health and Physical Education Standards:

- Standard 2.1 Personal and Mental Health
- Standard 2.2 Physical Wellness
- Standard 2.3 Safety

# CONTENT ORGANIZATION



In grades K-12, there are 3 core standards that are further divided into 13 disciplinary concepts. These concepts are then subdivided into performance expectations.

<b>Standard 2.1 Personal and Mental Health</b>	<b>Standard 2.2 Physical Wellness</b>	<b>Standard 2.3 Safety</b>
Personal Growth and Development	Movement Skills and Concepts	Personal Safety
Pregnancy and Parenting	Physical Fitness	Health Conditions, Diseases, and Medicines
Emotional Health	Lifelong Fitness	Alcohol, Tobacco, and Other Drugs
Social and Sexual Health		Dependency, Substances Disorder and Treatment.
Community Health Services and Support		

# CURRICULUM REVISION PROCESS



1. **2020** - NJ DOE develops and releases the Student Learning Standards to be addressed in each grade level.
2. **Spring 2022** - The district reviews the standards and organizes appropriate staff members to begin to develop a curriculum within our district template.
3. **July 2022** - Dr. Irwin hosts meeting for teachers writing curriculum and reviews expectations and sets guidelines regarding where and when to include new content.
4. **Summer 2022** - Curriculum is revised during the summer months, utilizing prior content when applicable. Dr. Irwin and Mr. Casale provide individual feedback to writers on ongoing basis.
5. **August 2022** - The curricula are reviewed by district administration including the Director of Curriculum and Instruction and the Supervisor of Health and Athletics.
6. **September 19, 2022** - Curricula are presented to the BOE Curriculum & Instruction Committee providing an opportunity for discussion.
7. **October 26, 2022** - Curricula are presented to the full BOE for approval
8. **October 27, 2022** - BOE approved curricula are posted on our district website for all to view.

# KEY TERMS



- **Standards** - the learning goals for what students should know (content) and/or be able to do (applied skill/knowledge) at each grade level or within each grade level band.
- **Curriculum** - a standards-based sequence of planned experiences where students practice and achieve proficiency in content and applied learning skills.
- **Resources** - materials utilized to deliver the learning experiences that are aligned to the standards.
- **Lesson plan** - the daily or weekly lesson that is aligned to the standards and reflects the learning as outlined in the curriculum.

# NEW CONTENT



While most of the content in the 2020 standards is the same as the previous 2014 adoption, some of the content in the 2020 Performance Expectations is brand new. Generally, this includes:

- Performance Expectations related to boundaries and consent.
- Performance Expectations related to sexual health services and applicable laws.
- Performance Expectations related to sexual orientation and gender identity.

For more information about the changes from the 2014 adoption to the 2020 adoption, please see [here](#).

# INSTRUCTIONAL RESOURCES



- Per N.J.A.C. 6A:8-3.1. All locally adopted instructional materials should be aligned to the district curriculum and the NJSLs and be current, medically accurate, developmentally and age-appropriate.
- We utilized a combination of board-approved textbooks and content materials that are aligned to the standards.
- Resources come from 3rs.org, everfi.com, and Project School Wellness, among others.
- For the sexual health and gender identity/sexual orientation units, we were as explicit as possible in linking resources and videos.



# HOLMDEL PUBLIC SCHOOLS

OFFICE OF CURRICULUM AND INSTRUCTION



## HOLMDEL PUBLIC SCHOOLS 2020 Comprehensive Health and Physical Education-Revised Curriculum and Resources

### Orange Opt Out - Existing Standards

### Green Opt In - New Standards/Gender

Disciplinary Concept	New NJDOE Comprehensive Health & Physical Education Standards	Curriculum Skills and/or Content	Resources / Materials
*NOTE: For grades K-1 Holmdel Public Schools will <b>not</b> teach lessons within its revised Comprehensive Health and Physical Education Standards units of study containing content related to sexual orientation or gender identity. The resources and standards are included to denote how the district is addressing standard 2.1 at the respective grade level			
<b>KINDERGARTEN - FULL CURRICULUM</b>			
Pregnancy & Parenting	2.1.2.PP.2: Explain the ways in which parents may care for their offspring (e.g., animals, people, fish).	Students will recognize that parents take care of their babies.	Kindergarten: 2
Social and Sexual Health	2.1.2.SSH.1: Discuss how individuals make their own choices about how to express themselves.  2.1.2.SSH.5: Identify basic social needs of all people.  2.1.2.SSH.7: Explain healthy ways for friends to express feelings for and to one another.	Students will understand individuals make their own choices about how to express themselves.  Students will respect others' differences and treat each other with respect.	<u>Rights, Respect, Responsibilities: Paper People</u>  <u>Bullies are a Pain in the Brain!</u>  Kindergarten: 2  Kindergarten: SSH

# PARENTAL RIGHTS



- Pursuant to N.J.S.A. 18A:35-4.7, any child whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education, or sex education is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course.
- The district will employ an “opt out” process for previously taught standards such as reproduction, puberty, pregnancy, contraception, and personal hygiene. These lessons take place in the classroom or auditorium and are taught by our district health teachers. Parents will be informed of when these lessons will take place and will be provided with the lesson resources. This process has been used in the past.
- The “opt in” process will be used for new concepts in the curriculum, including gender identity and sexual orientation. For these topics, we will be conducting an assembly which will be hosted by vetted field experts. Families who wish for their child to participate must sign a consent form. We plan to hold these assemblies in the 3rd/4th marking period and anticipate that 1 class period assembly will sufficiently address these topics.

# OPT IN AND OPT OUT TOPICS



# DISTRICT IMPLEMENTATION TIMELINE



## HEALTH EDUCATION CLASSES

- Village: Health education is integrated in physical education.
- Indian Hill: Health education commences marking period 4.
- Satz: Health is taught once a cycle during marking periods 2 and 3.
- HHS, health is taught during marking period 3 (juniors) and marking period 4 (freshman).

*\*\*Units regarding sexuality are included towards the end of the health curriculum\*\**

## PARENT COMMUNICATION

- Curriculum and accompanying resources will be posted to our website following the October Board of Education meeting.
- Parents will receive communication from their respective schools prior to winter break regarding consent to participate in health instruction. The Google Forms will also link all instructional materials and videos.

QUESTIONS

