

September 2015

Dear Parents/Guardians of 5th Grade students;

It is the mission of The Ridgewood Schools Wellness Program to provide our students with a knowledge base and skill set that will enhance their capacity to make intelligent informed decisions, and to exhibit behaviors that nurture their physical and emotional well-being.

We believe a most critical element to a student's success lies in the home, the school and the community working together. There is no question that the values our students learn at home are essential in providing them direction throughout their lives. Ongoing dialogue with your child concerning your values and opinions on important topics, such as alcohol, drug use and sexual behavior, will give your child a context in which to make appropriate decisions.

The following is a link to the Ridgewood Public Schools Wellness Curriculum:
[K-5 Family Life Curriculum](#)

Here you will find the curriculum topics that highlight important elements of Ridgewood School's Comprehensive Wellness Curriculum. This program has been developed over a period of years by our Wellness staff and is based on the mandated New Jersey Core Curriculum Content Standards. The school nurse / Wellness teacher in your school will be glad to meet with you to discuss print materials, content, visuals, etc.

Although Health Education is a New Jersey requirement, parents may request that their child be exempt from any portion of the Wellness Education curriculum that "is in conflict with their conscience or sincerely held moral or religious beliefs" (RBOE Policy 2422). If this is your request, teachers will provide alternate learning experiences; no penalties shall result. To select this option, please consult with the school nurse/health teacher in your school, who will provide you with the proper form.

If you have any questions, please do not hesitate to call or email.

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