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BUNKER HILL MIDDLE SCHOOL

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"Carrying on a Proud Tradition of Learning"

Gregory Muscelli, Ed.D.
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August 2018

Dear Families:

During the middle school years in Washington Township, each student is provided with one marking period of instruction in the area of Health. The other three marking periods are assigned to Physical Education instruction.

The Eighth-Grade Health education curriculum includes some rather sensitive core topics. A brief outline of the topics per grade level is attached is here for your information. For Eighth Grade parents, in particular, we suggest you review this outline. In the past, boy and girls were grouped separately for these lessons. Our staff believes that co-ed instruction in this area is a very positive change for our students, and will enhance their understanding of these important topics. As a parent, you have the right to request that your child be excused from portions of the curriculum that may conflict with your moral or religious beliefs.

If you have concerns, please state them specifically in a letter and send it to the main office at Bunker Hill. An appointment will be arranged for you to meet with the health teacher and an administrator. As always, our teaching staff and administrators will be happy to address your specific questions to alleviate any apprehension you may have regarding your child's Health instruction.

Sincerely,

Mike D'Ostilio
Principal

Attachment

WASHINGTON TOWNSHIP PUBLIC SCHOOLS
Health and Family Life Education --- Grades 6, 7, 8

The following topics are incorporated within the Health Education Cycle

GRADE 6

TEXT: TEEN HEALTH – COURSE 2 – GLENCOE

Unit I – Health and Wellness: Goal Setting – The student will learn basic skills needed for good health, why they are important and ways to use them.

Unit II – Growing and Changing: Adolescence – The student will become aware of and learn the changes that take place during adolescence and healthy ways to express and manage emotions.

Unit III – Body Systems – The student will learn to distinguish among cells, tissues, organs, and body systems and understand the function of the following systems: skeletal, muscular, sensory, nervous, respiratory, circulatory, digestive, and endocrine.

Unit IV – Building Healthy Relationships and Peer Pressure – Topics covered are the qualities of genuine friendship, ways to make and keep friends, and how to keep friendships strong.

Unit V – Nutrition – In this unit, students will learn how the body gets energy from food, to identify the essential nutrients, define fat, polyunsaturated fat and cholesterol, the arrangement of the food pyramid, why people have different nutritional needs, and how to design a healthy diet.

Unit VI – Personal Safety and First Aid - An understanding of basic first aid techniques for injury prevention, common injuries and adolescent sports injuries.

Unit VII – Drug and Alcohol Education - Topics covered include identifying the manner in which drugs are taken into the body, the effect of drugs on the nervous system and reactions to drugs, the effects of drugs on a fetus, and dealing with peer pressure.

GRADE 7

TEXT: TEEN HEALTH – COURSE 2 – Glencoe

Unit I – Understanding Health and Wellness – The student will learn to analyze the three aspects of health, the factors that influence wellness, and the possible consequences to one’s wellness from bad decision making.

Unit II – Social, Emotional and Mental Health – Students will learn and understand that developing self-esteem, resiliency, tolerance and coping skills will lead to overall healthy lifestyles.

Unit III – Cardiovascular Health – The student will be able to describe the main functions of the cardiovascular system, identify factors that contribute to cardiovascular disease and behaviors to reduce these risks.

Unit IV – Respiratory Health – The student will learn and be able to describe the main functions of the respiratory system, identify factors that contribute to respiratory diseases and behaviors to reduce these risks.

Unit V – Physical Activity and Fitness - The student will be able to learn and explain the physical, mental and social benefits of physical activity. In addition, be able to develop a plan for achieving lifelong fitness.

Unit VI – Drug, Alcohol, Tobacco – Students will gain knowledge of the harmful physical, mental and social effects that alcohol, tobacco and other drugs have on a person’s life.

Unit VII – Basic First Aid – An understanding of basic first aid techniques for heart related or choking emergencies and apply first-aid procedures for the situation.

GRADE 8

TEXT: TEEN HEALTH – COURSE 3 FOR GRADE 8

Unit I – Reproductive Health – This unit emphasizes the care and maintenance specific to the endocrine system, male and female reproductive systems and the essential link to health and wellness. The student will learn the functioning of the male/female reproductive systems and the importance of early detection in the treatment of conditions of the reproductive systems.

Unit II – Conception, Pregnancy and Childbirth – This unit focuses on human development from conception through childbirth, the role of genetics and the importance of healthful living before and during pregnancy.

Unit III – Abstinence and Pregnancy Prevention – This unit focuses on sexual abstinence strategies in preventing pregnancies, the spread of sexually transmitted diseases, and the essential link to health and wellness.

Unit IV – Sexually Transmitted Diseases HIV/AIDS – Students will learn the difference between a typical communicable disease and a sexually transmitted disease, what HIV/AIDS is and how it spreads throughout its full cycle, how to avoid infection, identification of the most common sexually transmitted diseases, and the effect sexually transmitted diseases have on the body.

Unit V – Life Skills/Relationships: Dating/Family/Parenting/Marriage - This unit emphasis is on communication skills, and the importance of building healthy relationships inside and outside the family unit. It explores how commitments influence positive choices and stresses the importance of healthy strategies that prevent physical, sexual and emotional abuse. It also emphasizes that abstinence is a deliberate decision to avoid harmful behaviors including sexual activity before marriage and the use of alcohol and other drugs.