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Dear Parent or Guardian:

We are pleased to announce the revision of the grades K–12 New Jersey State Learning Standards in Comprehensive Health and Physical Education provided by the NJ Department of Education. We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, active life.

We invite you to examine and discuss this information with your child prior to the instructional units at school. Specifically, the content related to family life education. The curriculum guide is available on the district website [District Curriculum](#). You are also welcome to contact your child’s Health Teacher to preview the lessons we will be teaching your student.

Matawan Aberdeen Regional District remains diligent in being transparent with our parents/ guardians and community members. Our Health curriculum for grades K–12 is developmentally appropriate when covering health topics that meet the content standards set forth by the New Jersey Department of Education.

<a href="#">Grade 6 Units of Study</a>	<a href="#">Grade 7 Units of Study</a>	<a href="#">Grade 8 Units of Study</a>
<b>Health &amp; Wellness</b> <b>Communication &amp; Decision Making</b> <b>Character Development</b> <b>Nutrition</b>	<b>Health &amp; Wellness</b> <b>Interpersonal Communication Skills</b> <b>Decision Making</b> <b>Suicide Prevention</b> <b>Drugs &amp; Medicine</b>	<b>Personal Growth &amp; Development</b> <b>Social &amp; Emotional Health</b> <b>Sexual Health</b>

The Matawan Aberdeen Regional School District acknowledges the importance of parents in education and we are committed to working together.

Although we strongly encourage families to have their student participate in these essential health topics, we want to acknowledge that in accordance to our [District Policy](#), **parents/guardians do have the option of excluding their child from any portion of the health, family life education, or sex education if it is in conflict with their conscience, morally, or religiously held beliefs.** If this is the case, please complete the [MAMS Health Opt-Out Form](#) indicating your intent to ‘opt out’ of specific parts of the health, family life education, or sex education to your child’s Principal. Students who are excused will be assigned to a separate classroom for the duration of those identified lessons.

Sincerely,

*Michael C. Wells*  
Principal