



August 2017

Dear TMS Parents and Guardians:

At Tenafly Middle School, students have one class period that meets every day dedicated to Physical Education and Family Life. Students take one quarter of Family Life and three quarters of Physical Education during the school year. You can access the New Jersey Comprehensive Health and Physical Education Learning Standards directly on the NJDOE website. Health, Safety, and Physical Education is a required course for all students. (N.J.S.A. 18A:35-7) <http://www.state.nj.us/education/aps/cccs/chpe/> Family Life education builds upon student's knowledge, and supports a positive attitude about their health. Middle School students are at a critical stage of development. It is imperative that students learn about all the aspects of health: physical, mental, social and emotional. Through education, students will be motivated to improve and maintain their health and to reduce risky behaviors.

The school cannot do it alone. The basic responsibility for family life education and healthy decision-making rests in the home with family. The school plays an important supporting role. Please be open to discuss topics with your child as they learn in the family life course. Asking questions like, "what is something you learned new today in family life?" Sharing real-life stories with them on the topic and learning something new from your child, may open up more dialogue. Open communication is key so they know they can come to you when they are in need of assistance. Effective curricula combined with a supportive home environment will result in positive changes in behavior. The end goal is to lower student risks around: alcohol, tobacco, and other drugs, injury prevention, mental and emotional health, nutrition, physical activity, prevention of diseases and sexuality and family life.

At each grade level, certified health teachers teach the Family Life course. Our teachers strive to create a safe learning environment for all students to learn meaningful life-long lessons and responsible decision-making skills. The teachers establish a classroom culture where student's explore personal values and respect over arches each lesson. The Tenafly Middle School Family Life curriculum and instruction is free of bias and offers the opportunity for positive interaction among students, regardless of race, color, religion, gender, national origin, age, disability, sexual orientation, political affiliation or belief. Being a former Tenafly family life teacher myself, I have no doubt about our teacher's capacity to handle topics and questions that may arise: forthrightly and without prejudice.

Any pupil, whose parent or guardian presents to the school principal a signed statement that any part of the instruction in family life education is in conflict with his/her conscience, or sincerely held moral or religious beliefs, shall be excused from that portion of the course. The teacher will provide alternative ways for the child to meet the health and physical education core standards. We encourage the parents to work together with the teacher to ensure that the student achieves curricular objectives that are not of concern to the parent.

A brief outline of the Family Life course, including a list of the instructional materials, is included. An updated class syllabus will be available on the teacher's website, and a comprehensive curriculum guide is available in the main office. Parents who would like more information regarding the curriculum can contact the Director of Physical Education and Family Life, myself, or the school principal for an appointment.

Sincerely,

Mrs. Daryl L. George
Vice Principal



Family Life Syllabus

6th Grade Family Life Topics:

- "L.E.A.D."
 - Tenafly Police Officers
 - Goals
 - Values
 - Self-esteem
 - Decision-making
 - Peer pressure
 - Communication
 - Use, Misuse, and Abuse of alcohol, tobacco, marijuana, heroin, inhalants, cocaine and methamphetamine, and prescription and over the counter medications.
- "You Ate What?" (Nutrition)
 - Benefits of proper nutrition
 - 5 food groups and 6 essential nutrients
 - Calories
 - Nutrition label reading.
- "I Have What?" (Puberty)
 - Discussions about the systems of the body
 - Endocrine and reproductive systems
 - Changes that occur during puberty
 - Male and female reproductive anatomy

7th Grade Family Life Topics:

- "Get Your Sweat On!"
 - Physiology of exercise
 - Components of fitness
 - Fitness program
 - Eating disorders
- "The Birds and the Bees"
 - Human growth and development
 - Reproductive anatomy review
 - Conception and birth process
- "Get the Facts"
 - Myths and facts about use, abuse, misuse of substances
 - Tobacco
 - Alcohol
- "The War on Drugs"
 - Discussions about street and club drugs
 - Addiction

7th Grade Family Life Topics (Cont.):

- "Puppy Love"
 - Discussions about responsible dating.
 - "I caught a Bug"
 - Infectious and communicable diseases.

8th Grade Family Life Topics:

- "C is between B and D"
 - Choices
 - Decision making
 - Risk taking
 - Peer pressure
 - Values Clarification
- "Affairs of the heart"
 - Healthy communication
 - Healthy vs unhealthy relationships
 - Social readiness for dating
 - Developing responsible sexual behavior
 - Sexual orientation
 - Family Structures
- "Save yourself"
 - Abstinence
 - Contraception
 - Teen pregnancy
 - Sexually Transmitted Infections:
 - Symptoms and diagnosis
 - Short and long term effects
 - Treatment
- "Deep breathes"
 - Stress management
 - Suicide prevention and how to help a friend

Guest Speakers may include:

- Planned Parenthood
- Alternatives to Domestic Violence
- YWCA
- THS Teen Prevention Education Program
- Other presenters may be available