# Dear Parent/Guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

(PRINT STUDENT NAME)

Students are asked to have this form reviewed, signed and completed by their parents’/guardians’ and returned to their Health teacher. If you have any questions or concerns, please contact Mrs. Claire Scarpa at Montgomery High School, cscarpa@mtsd.us. Thank you in advance for your cooperation and support.

The Freshman Health curriculum complies with the Comprehensive Health and & Physical Education NJ Core Curriculum Content Standards. Specifically, the course is structured around the following topics.

|  |  |  |
| --- | --- | --- |
| **Substance Awareness** Substance Abuse  Prescription Drug Misuse and   Abuse  Drug Classifications  Signals of Abuse  Prevention of Substance Abuse  Treatment and Services  Recovery From Addiction  Media Influence to Use Drugs | **Coming of Age** Puberty and Adolescence  Physical, Mental, Emotional, and   Social Changes Gender Issues Reproductive Organs and Their   Functions Sexually Transmitted Infections Transmission of STI’s Prevention of STI’s Birth Control | **Wellness & Mental Health** Self Harm Behavior Indicators Appearance Isn’t Always Reality Coping Skills Sexting Safe Ways to Use Technology Cyberbullying Mental Health Issues Mental Health Prevention Suicide Early Detection |

**Please refer to District Policy 2422 for parent/guardian exemption procedures for family life education.**

*Claire Scarpa*

*Health and Physical Education*

*Montgomery High School*

**Students please sign this form indicating that they have read, understood and comply With the Health Education expectations, policy and curriculum.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Student Signature)

**Parents’/Guardians please sign this form indicating that they have read, understood and comply with the Health Education expectations, policy and curriculum.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian Signature) (Parent/Guardian Signature)

**CLASSROOM RESPONSIBILITIES**

* **RESPECT** – I will respect my fellow classmates and the teacher by listening when they are speaking and by avoiding inappropriate or negative comments.

**Inappropriate language will NOT be tolerated!**

* I will be respectful – inappropriate behavior or comments will not be tolerated.
* I will use appropriate conduct and terminologies at all times in class.
* I will hand in my assignments on time; for every class it is late I will be penalized one letter grade. After 5 days, it will become a zero.
* While working in groups I will do the same amount of work as the members of my group. My grade will be decided on the amount and quality of work that I complete.
* If I am absent, it is my responsibility to find out what work I have missed. If I do not make it up within the time period assigned, a zero will be put in as my grade for that assignment.
* I will always come prepared to class with paper and a writing utensil.
* After 3 unexcused absences, I risk losing credit for this class.
* If I am late to class 3 unexcused times, that will result in a teacher detention.
* If I need to use the bathroom I must sign out in the book by the door, and sign back in when I return.
* The teacher will dismiss me at the end of class; not the bell, nor the clock.
* I will not use cell phones, iPods, etc. in class unless given permission by the teacher.
* If I bring water, Gatorade, Vitamin Water, etc. to class, I will bring it with me when I leave, or throw it away when I am finished (PLEASE RECYCLE PROPERLY).

This sheet is worth 10 points and must be signed by both student and parents/guardians and returned by your next health class.