

Glen Rock Public Schools  
600 Harristown Road  
Glen Rock, NJ 07452

**Family Life Education**  
**Student Opt-Out Request Form**

**Elementary**       **Middle School**       **High School**

Please check (√) appropriate box:

To Parent(s)/Guardian(s),

Health Education is a New Jersey State requirement. However, you have the right to request that your child be excused from attending classes during the Family Life Unit. There is no academic penalty if you exercise this right. Your child will be assigned other academic work related to health.

**DIRECTIONS:**

If you wish to opt your child out of Family Life lessons, please complete this form and return it to the Superintendent's Office at the above address. Your child's Health Education teacher will arrange an alternative Health Education experience for your son/daughter.

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**Student Information**

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
School

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Classroom Teacher's Name

Please exempt the above name student from participation in the Family Life education lessons being presented in his/her classroom this year. I understand that he/she will be given alternative instruction or skill development activities.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Telephone Number

Copies will be sent to: Building Principal, Guidance Counselor, Health Teacher