



Date.....

Dear 5th Grade Families:

Our classes are about to study an important lesson on the early stages of puberty, which many 5th graders are beginning to experience.

The *Always Changing Program* helps both boys and girls:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls:

- Understand the menstrual cycle.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities.

The *Always Changing Program* will be taught to the students on April 29, 2011.

Mrs. Kendra Selser RN, School Nurse and Mrs. Cheryl McCauley will meet with the girls.

Mr. Marc McCauley and Mr. Ron Silvers will meet with the boys.

A parent preview session has been scheduled for April 19, 2011 in the Kessler library. The girl's video will be viewed at 12:00 and the boy's at 12:30.

You may also choose to preview the educational materials available online at www.pgschoolprograms.com.

Thank you for your interest in this important educational program.

Sincerely,

Principal

School Nurse

Classroom Teachers

Should you wish to have your student not participate in this educational program, please inform the classroom teacher, school nurse, or school administrator and an alternative plan will be discussed.