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”Small School Relationships....Big School Opportunities!”

March 13, 2024

Dear Parent/Guardian:

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

The *Always Changing and Growing Up Program* will help both boys and girls:

- *Understand 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 normal activities.

The *Always Changing and Growing Up Program* is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 25 years and has been taught to millions of students nationwide.

We will be doing the program on **Wednesday, March 20**. Ms. Pletcher will be doing the girl’s lesson, and our nurse Mrs. Klooster will be taking the boys.

If you would like to view the materials at any time please go to

<https://www.always.com/en-us/puberty-talk-materials-for-parents> , and feel free to call if you have any further questions. You also have the right to opt your child out of the lessons without penalty. Please return the bottom portion of this form only if you DO NOT want your child to participate in these lessons.

Thanks,

Jessica Pletcher
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I would like to **opt my student out** of the *Always Changing and Growing Up Program*.

Student Name

Parent Signature