

April 18, 2019

Dear Families,

Your child will have the opportunity to view a very important program presented by HealthWorks entitled THE CHANGE WILL DO YOU GOOD. It is a program designed to teach fifth graders about puberty. Boys and girls are taught separately in this 90-minute program. Below is an outline of the material covered with each group.

A parent meeting will be held at Prairie Vista on Tuesday, April 30<sup>th</sup> from 6:00 P.M. to 7:00 P.M. in the cafeteria. A representative from HealthWorks will review the program and will answer your questions. Since it can be difficult for many parents to discuss puberty with their children, attending this meeting will give you the opportunity, and perhaps even the right words, to begin or continue discussion at home.

The fifth grade program will be presented on Friday, May 10<sup>th</sup>. Please complete the tear-off below and return it to the office giving your child permission to participate in this program. Permission slips are due Friday, May 3<sup>rd</sup>. If the permission slip is not returned, your child will not be able to participate in the program.

If you have any questions, please feel free to contact me.

Keely Twibell

Curriculum for Girls

- Definition of 'puberty'
- Hormones
- Hygiene
- Nutrition
- Menstruation
- Internal changes:
  - Anatomy and physiology of the female reproductive system
- External changes:
  - Pimples and skin care
  - Perspiration and body odor
  - Hair growth
  - Mood changes

Curriculum for Boys

- Definition of 'puberty'
- Hormones
- Hygiene
- Nutrition
- Internal changes:
  - Anatomy and physiology of the male reproductive system
- External changes:
  - Pimples and skin care
  - Perspiration and body odor
  - Hair growth
  - Mood changes
  - Nocturnal emissions

.....

I give permission for my child, \_\_\_\_\_, to participate in the HealthWorks "THE CHANGE WILL DO YOU GOOD" program on Friday, May 10<sup>th</sup>. Permission slips are due Friday, May 3<sup>rd</sup>.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date