

# Nurse's Note



Dear Parents:

On Monday March 14, 2019 we are doing a lesson on puberty for 5<sup>th</sup> graders. The boys and girls will be split into separate groups. This lesson will cover emotional and physical growth and development of early adolescence. The focus of the class is the physical changes their bodies go through and the required increase in appropriate hygiene. The class will consist of a class discussion and or a video.

The goals of this lesson are to help students:

- Gain accurate and age appropriate knowledge about puberty
- Develop a positive self-image and attitude towards the changes that they are experiencing or will experience
- Develop skills that will enable them to communicate appropriately with others about puberty.

For your child to participate in this discussion, please complete the bottom of this for and return it to their homeroom teacher on or before Monday March 14, 2019. If you have any question please feel free to contact me at 256-2268.

Thanks,

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Office Hours: T&Th 9:30-1:30

X

Student's Name \_\_\_\_\_

☐ Has my permission to participate in the 5<sup>th</sup> grade puberty discussion.

X

Parent Name \_\_\_\_\_

☐ Does **NOT** have my permission to participate in the 5<sup>th</sup> grade puberty discussion.

Date \_\_\_\_\_

# Nurses Notes

**Camilla Rothe**



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