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March 21, 2022

Dear 4-6th Grade Parents,

During the months of April and May your son/daughter will have the opportunity to learn about the physical and emotional changes that occur during puberty/adolescence. Mrs. Stacy Ullmer, School Nurse, will be presenting to the girls and Mr. Jeremy Samudio will present to the boys. We will be showing/discussing the following videos/information:

Grade/Gender	Information/Video	Date
4 th Grade GIRLS	"Meet the New You! For Girls" followed by Q&A	5/4/2022
4 th Grade BOYS	"Meet the New You! For Boys" followed by Q&A	5/4/2022
5 th Grade GIRLS	"Puberty: A Girl's Journey Through the Physical, Emotional & Social Changes" followed by Q&A "Uniquely Girl" discussion	4/27/2022 & 5/3/2022
5 th Grade BOYS	"Puberty: A Boy's Journey Through the Physical, Emotional & Social Changes" followed by Q&A	4/27/2022
6 th Grade GIRLS	"We're Just Talking For Boys and Girls" followed by Q&A https://www.youtube.com/watch?v=4uwWsqHXOM8	4/26/2022
6 th Grade BOYS	"We're Just Talking For Boys and Girls" followed by Q&A https://www.youtube.com/watch?v=4uwWsqHXOM8	4/26/2022

All of these programs will help boys and girls understand:

- The structure and function of the reproductive system
- The physical and emotional changes that take place during puberty
- The importance of personal hygiene

Students will be separated into boy and girl groups for ALL programs.

Please keep in mind that we are not covering information as it relates to intercourse and/or childbirth. We believe that you are the most important educator for your child and these topics may be discussed at home when your child is ready. See attached for helpful guidelines for discussions at home.

Any parent who wishes to view the videos and/or accompanying material that will be used are welcome to do so. Please contact the school nurse to view the videos at school. You may also be able to preview some of the material at:

<http://marshmedia.com/collections/puberty-dvds>. Simply click on the video that your child will be viewing and this will give you a description and short preview. The Uniquely Girl Program is available at: <https://goo.gl/iHxkMH>

Additional resources to use at home are available at: <https://always.com/en-us/tips-and-advice> for girls or

<https://always.com/en-us/puberty-education-programs-for-teachers-students-and-parents> boys and girls.

Please sign the permission slip below and return to school in order for your child to participate in the program. We respect your role as the primary educators of your children and are here to assist you in any way. If you have any questions or concerns, please feel free to contact us at 433-3746 or sullmer@stcharleskettering.org.

Stacy Ullmer, RN, MSN, Licensed School Nurse

Must be returned to the office/clinic in order for your child to participate in growth and development.

Student: _____ Homeroom: _____

_____ My son/daughter has my permission to participate in the classroom program

_____ My son/daughter may NOT participate in the classroom program

Parent Signature: _____ Date: _____

HELPFUL GUIDELINES FOR PARENTS

1. Remember, facts are easy, but values and attitudes are critical. When a child comes to you with a question, he or she wants facts, but also wants to know how you feel.
2. Do not use fable, vagueness, or untruths especially when discussing sensitive issues.
3. Do not talk about animals when your child wants to know about people. It becomes confusing and seems evasive.
4. Be patient. Expect the same questions to resurface ten or more times before the idea is securely absorbed.
5. Be a good listener. When children approach you with a question, find out what he or she is thinking first, before you answer.
6. Keep your terms simple and accurate.
7. Be honest and consistent.
8. Give children the vocabulary he or she needs to continue asking questions.
9. Leave children with a feeling that you are available for other questions as well.
10. If you are NOT comfortable with the subject, direct your child to a reliable source who is comfortable to discuss.