

Dear Parents:

Our class is about to study an important lesson on early stages of puberty which many fourth/fifth graders are beginning to experience.

The *Always Changing and Growing Up Program* helps both boy 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 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 30 years and has been taught to millions of students nationwide. It is provided as a free educational service to our school by P&G's brands: Always feminine protection products, and by Secret and Old Spice deodorants and antiperspirants.

We will have the program on April 2nd. Please sign and return this letter by March 26th, indicating your permission for your child to participate in the lesson. If you have any questions about the *Always Changing and Growing Up Program* please call Nurse Fox at (417) 847-4040.

Has my permission to participate in the *Always Changing and Growing Up Program*

Does not have my permission to participate.

Jeff Swadley  
Intermediate Principal

\_\_\_\_\_  
(student's name)

\_\_\_\_\_  
(parent's signature)

\_\_\_\_\_  
(date)

