

Dear Parents and Guardians:

As part of our district's ongoing effort to foster a school climate of respect for one's self and others, we will present a planned lesson to explain physical and emotional changes associated with puberty.

The Kuna School District's Curriculum Committee approved lesson will be presented to the 5th grade students. The gender separate lesson will be team taught by teachers and/or the school nurses. The 15-minute video, "Everything You Wanted to Know About Puberty" by Disney Productions will be shown with a question and answer time after that.

Participation in the lesson is based only upon written parental permission. If you choose to have your child excused from the class during the lesson, a supervised room will be provided for the students to read or complete class work. If you choose to have your child participate, we encourage you to discuss the issues at home.

This signed form must be returned to your child's teacher. If you choose not to have your child participate, or the form is not returned, your child will be excused from the presentation and an alternate learning activity will be assigned.

If you would like to view the video before you approve your child's viewing of it, please make an appointment with your school nurse.

Please contact your school with any questions.

Sincerely,

Tiffany Ahlefeld, RN

Meg Lawson, RN

Alicia Jordan, RN

PARENT PERMISSION

_____ **I APPROVE** of my child participating in teacher-nurse directed lesson (video and discussion) of the above mentioned subject.

_____ **I DO NOT APPROVE** of my child participating in teacher-nurse directed lesson (video and discussion) of the above mentioned subject.

Student's Name _____

Parent Signature _____ Date _____

FIFTH GRADE GROWTH AND DEVELOPMENT LESSON OBJECTIVES

A. Goal:

Students will understand physical and emotional changes that occur in puberty.

Outcomes:

1. Students will learn that puberty is the first major stage is growing up.
2. Students will determine that mood changes are a healthy part of puberty.
3. Girls will identify various products available for menstrual hygiene.
4. Students will acknowledge the increased need to care for one's body as a result of the changes brought about by puberty.

Note: This unit will be team-taught by teachers and/or nurses.

This unit will be taught with parental notification and permission.

Gender separate classes.

Student initiated questions on growth and development will be answered in a scientifically factual manner. If students ask questions concerning issues not addressed in the videos, they will be encouraged to discuss those topics with their parents/guardians at home.