



Dear Parent/Guardian:

Moore Public Schools Nursing staff will be presenting information on Human Growth and Development (puberty) to the 4th grade girls and the 5th grade girls and boys during spring semester. The 4th grade boys will **not** be participating in Human Growth and Development (Puberty). Alternately, they will be presented with a hygiene/health curriculum. The objectives of this curriculum, resources to be used, and time limits are listed below. Please feel free to contact your child's school nurse if you have any questions regarding this curriculum.

Growth and Development provides children with an understanding of the normal pattern of physical development as boys and girls grow from childhood into adolescence.

Resources:

- Grade 4 Boys-You're Not a Little Kid Anymore- Personal Hygiene by Marsh Media
- Grade 4 Girls-Always Changing & Growing Up- Girl's Program by Proctor & Gamble
- Grade 5 Boys-Always Changing & Growing Up- Boy's Program by Proctor & Gamble
- Grade 5 Girls – Puberty: A Girl's Journey by Marsh Media

Time Frame: One Class Period

This information can be accessed through the MPS website: Departments, Health Services, Growth and Development or <http://www.mooreschools.com/Page/43318>

Parents and Guardians have the option of requesting that their child be exempted from Growth & Development education. If you **DO NOT** want your child to be included in these discussions, please complete the information below. Have your child return the form to his/her homeroom teacher as soon as possible.

_____ I **DO NOT** want my child to be included in Growth & Development Education.

Child's Name

Parent/Guardian Signature

Homeroom Teacher

Date

Resources Information:

Grade 4

Boys

You're Not a Little Kid Anymore by Marsh Media

The clean routine! "I take a bath or shower every single day. Oil, sweat, dead skin, WASH IT AWAY! You're not a little kid anymore!" Your students will love this musical message about personal hygiene! Topics explored include bathing, hand washing, care of teeth, hair and nails and the importance of clothes that are clean and neat.

Girls

Always Changing & Growing Up - Girl's Program by Proctor & Gamble

Puberty is a series of changes that your body—and all your friends' bodies—will go through as you grow up. It is a time when you learn to be a better leader, a better friend and a better you: growing independent, growing strong, and growing into a woman. A great way to help build your confidence is to learn more about it. Learn what changes to expect and help to understand them. Help to prepare for what's ahead so you can feel more confident. Helpful tips and answers to questions many girls may have.

Grade 5

Boys

Always Changing & Growing Up - Boy's Program by Proctor & Gamble

Puberty. What's happening? This video is about growing up. Now that you're growing up, you'll probably notice that your body is changing in all sorts of ways. You'll notice changes in the way you look and also in the way you feel. This is because you're going through a stage called puberty. This is an exciting time—it's when you start to change from being a boy to becoming a man.

Girls

Puberty: A Girl's Journey by Marsh Media

Part 1: Ella confides in older sister Emily, who provides reassuring information on the physical changes to expect during puberty. Topics include: When to expect the onset of puberty, the female reproductive system, the menstrual cycle, hormones, health and hygiene, the importance of exercise, nutrition, and adequate rest.

Part 2: Emily and her friend Andrew discuss many of the emotional and social changes that boys and girls experience during puberty. Topics include: Body image, self-esteem, peer pressure, cliques, bullying, and much more.