



Lake Mills Middle School
 318 College Street
 Lake Mills, WI 53551
<http://www.lakemills.k12.wi.us>

Chuck Olson
 Principal
 Phone: (920) 648-2358
 Fax: (920) 648-8928

Dear 5th Grade Families,

On March 23rd and 24th, fifth grade students at Lake Mills Middle School will learn about human growth and development. The fifth grade lessons will teach students about puberty and periods, which many students in the grade are beginning to experience.

To help teach this class, we will be using materials from the "Always Changing and Growing Up" Program. These materials will help both boys and girls:

- Understand the physical and emotional changes they experience during puberty and acknowledge that these changes are a normal part of growth and development.
- This includes body changes that happen to both girls and boys.
- Understand that personal hygiene is each individual's responsibility.
- Understand how girls manage their periods.
- Learn about making good decisions and powerful words to make a positive impact.
- Learn how to stay healthy and confident from the changes that occur in their brains, eating well, and staying safe.
- Talk to parents and trusted adults about their feelings and questions during puberty to help them better understand and get the support they need.

This 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 35 years and has been taught to millions of students worldwide.

The students will meet in separate groups, by gender, to discuss their unique physical changes. Our school nurse, Mrs. Patty Koeppel, will be actively involved in the presentations and discussions. If you have any concerns, please contact the Lake Mills Middle School office and you can be put through to Patty. If you **do not** wish to have your child participate, please fill out the form on the bottom portion of this page and return it to your child's classroom teacher. If you do not return this form, your child will be included in the human growth and development lessons at school.

Included with this letter is a list of suggestions for families talking with their child (ren) about this subject. Should you have questions, or would like to know our exact schedule for lessons, please feel free to contact your child's teacher at Lake Mills Middle School.

Sincerely,

Chuck Olson, Middle School Principal

I **do not** want my child, _____, to participate in the human growth and development curriculum at school or this particular part of the curriculum:

Parent/Guardian Signature: _____ Date _____



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Guidelines for Discussion

Parents are the primary providers of human growth and development information. Your child may have questions for you. The following are some guidelines for talking with your child about this important subject:

1. Remember, facts are easy, but values and attitudes are critical. When a child comes to you with a question, he/she wants facts but also wants to know how you feel.
2. Do not use fable or vagueness when talking about contraception or birth.
3. Do not talk about animals when your child wants to know about people. It is confusing and evasive.
4. Be patient. Expect the same questions to resurface several times before the idea is securely absorbed.
5. Be a good listener. When children approach you with a question, find out what he/she is thinking first, before you answer.
6. Keep your terms simple and accurate.
7. Be honest and consistent.
8. Give children the vocabulary they need to continue asking more 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.

Here is a link to the Always Changing Program, which is used for the Human Growth and Development unit in school: Pgschoolprograms.com

There are some great links and resources on this website, including the materials your child will receive during this program.