

# Williams Bay School District

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Dear Parent/Guardian:

A puberty education program will be offered to the fourth grade students at Williams Bay Elementary School on \*\*\*\*\*, the last hour of the day. The fourth grade program focuses on the changes children experience during adolescence and the importance of hygiene. Our program will provide your child with basic facts and reassurance about his or her own growth and development.

The fourth grade girls will meet with Ms. Natonski, the school nurse, and the boys will meet with Mr. Dworshok, a fifth grade teacher. Each group will view a video about puberty specific to their age and gender.

Topics that will be covered include:

- \* Personal care, diet, exercise and hygiene;
- \* Male and female stages of development; and
- \* The menstrual cycle (for girl's feminine protection information)

Of course, we will encourage your child to turn to you for any further information and guidance concerning any of the above topics and other topics dealing with their human growth and development.

Parents are welcomed to attend these sessions with their children. Anyone wishing to preview the videos can do so at the school prior to the date. If you do not want your child to participate in this program, please notify the student's teacher in writing.

Respectfully,

Jacqueline Natonski  
District School Nurse