

Williams Bay School District

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Dear Parent/Guardian:

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

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

Topics that will be covered include:

- Personal care, such as diet, exercise, and hygiene;
- Male and female stages of development;
- Male and female anatomies; and
- The menstrual cycle (for girls, feminine protection products)

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