

Dear Parent/Guardian,

Your child will soon enter a very important stage of development called puberty. There will be changes happening in their body, both on the outside and on the inside. In recognition of the fact that puberty is beginning earlier than in years gone by, the State of North Carolina is now including an introduction to puberty in the Healthful Living Essential Standards for Fourth and Fifth Grade.

We think it is important for your child to have this information about the normal changes of growth and development. Our program will cover the emotional and physical changes of puberty. We emphasize that these changes happen to everyone, but not at the same time. These classes will be taught by the same health educators who have been teaching classes in the 6th, 7th, and 8th grades for over 20 years.

Students will be separated by gender: boys will be taught by a male educator, and girls will be taught by a female educator.

An outline of the lesson content, as well as the slide shows used in the class is posted here <http://buncombeschools.org/cms/One.aspx?portalId=92531&pageId=2130460>
Scroll down to the “Growth and Development” section.

If you do not have internet access and would like information sent to you, please call Debbie Bryant, Healthful Living Coordinator at 255-5960.
Her email address is debbie.bryant@bcsemail.org

The 4th grade Growth and Development classes at _____ **Elementary** will be taught on _____ **2017**.

Please sign and return to school prior to the date for instruction.

_____ I give my permission for _____
(CHILD’S NAME) to attend the class on growth and development.

_____ I do not wish for _____
(CHILD’S NAME) to attend the class on growth and development.

Parent/Guardian Signature _____