



WESTERN PLACER UNIFIED SCHOOL DISTRICT

600 Sixth Street, Suite 400, Lincoln, CA 95648 Ph: 916-645-6350

HEALTH SERVICES

Dear Parents/Guardians:

Our class is about to study an important lesson on the early stages of puberty, which many 5th graders are beginning to experience.

The "Always Changing-About You Program" helps both boys and girls to:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development;
- Learn the physiology of their bodies and correct terminology for parts of the reproductive system;
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls to:

- Understand the menstrual cycle;
- Understand what to expect during a period;
- Learn how to manage periods while continuing with normal activities.

The "Always Changing – About You Program" is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It has been a trusted resource for 20 years and has been taught to millions of students nationwide. It is provided as a free educational service to our school by the *Always brand of feminine protection products, and by Secret and Old Spice brand deodorants and antiperspirants.

We will begin the program on _____. Please sign and return this letter by _____ indicating your permission for your child to participate in the lessons.

If you have any questions about the "Always Changing – About You" program or if you would like to review the program materials in advance, please call me at _____. You may also log onto www.pgschoolprograms.com for more information. Thank you very much for your interest in this important educational program.

Sincerely,

Name _____ Title _____

- My child, _____ has my permission to participate in the "Always Changing – About You" fifth grade puberty education program.
- does NOT have my permission to participate

Parent Signature _____ Date _____