

A Girl's Guide to Growing Up

Puberty Class

Saturday, March 16
Grades 4 - 6
Parent/Daughter class

Class Objectives:

- For girls to understand normal growth and development, including the physical and emotional changes that happen during puberty.
- Learn about the anatomy and physiology of the human reproductive system and human reproduction.
- Learn about the menstrual cycle, what to expect during a period, and how to manage it.
- How to maintain a healthy body through personal hygiene, healthy living, and making good choices.
- To assist parents in communicating the right information to their children as they enter puberty.



Saturday, March 16
10 a.m. - 12 noon

Main Band Room

Cost: \$20 per parent/daughter

Questions?

Contact School Nurse Angela Burch at (425) 898-1720 or aburch@tbcs.org.



Registration Form

Parent Name:

Student Name: Grade:

Parent Email:

Please return the bottom portion of this form to the main office with check payable to The Bear Creek School by Thursday, March 14.