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[www.aasd.k12.wi.us](http://www.aasd.k12.wi.us)

**HEALTH PARENT/GUARDIAN FORM**  
Human Growth and Development

Dear Parent/Guardian:

On \_\_\_\_\_ we will begin our Human Growth and Development unit focusing on puberty. Our class is about to study an important lesson on the early stages of puberty which many fourth and fifth graders are beginning to experience.

The lessons help all students:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as a normal part of growth and development.
- 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 students:

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

If you have any questions about the Growth and Development unit please contact me. The curricula and teacher support materials can be viewed online through the district's website's Health & Human Performance [page](#) (or visit [www.aasd.k12.wi.us](http://www.aasd.k12.wi.us) - click on Academics followed by Health & Human Performance) or in the school's LMC.

Sincerely,

Teacher's Name  
School Name  
Phone Number  
Email Address