

# EAST BROOK ELEMENTARY SCHOOL

167 Sibbald Drive  
Park Ridge, NJ 07656  
(201) 573-6000 x2000

Kevin Stokes  
Principal

June 16, 2026

Dear 5th Grade Parents,

On Friday, June 19th, the 5th grade will be having a Family Life class, as is mandated by the State of New Jersey. They will be shown a gender specific video about puberty titled, "Always Changing and Growing Up". The content of the class is on growth and development, physical and emotional changes, proper hygiene and healthy habits. The girls and boys are taught separately.

If you would like your child to be exempt from seeing this video, please sign the form below and return it to school by Wednesday, June 17th.

If you have any questions or concerns, please call me at 201-573-6000 ext. 2005

Sincerely,  
Jessica Epifano  
School Nurse

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**I DO NOT GIVE PERMISSION FOR MY CHILD TO WATCH THIS VIDEO.**

Student's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_