Dear Parents/Guardians,

Near the end of every school year, the 5th graders are given the opportunity to attend an important lesson regarding puberty. Some in the class may already be beginning to experience these changes and have questions about what is happening to their bodies.

The boys and girls will be viewing videos separately. There is a boy’s video and a girl’s video, and they discuss puberty, as well as personal hygiene. They will also have the opportunity to ask questions they may have. These videos can be found by searching **“Always Changing and Growing Up.”** I recommend that you watch the video before it is shown to your student, as **parental permission is required.** The videos have been previewed and approved by the Principal and the School Health Advisory Council.

We will be watching the video on \_\_\_May 14th\_\_\_\_\_.

Please sign and return this form indicating your permission for your child to participate in the lesson by \_\_\_\_May 9\_\_\_\_.

Please feel free to contact me with any questions or concerns at 806-310-7760.

Best Regards,

Tanya Burton, School Nurse

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **has / does not have** my permission to participate in this lesson.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_