

Dear Parent/Guardian,

Your daughter will soon enter a very important stage of development called puberty. Changes will be occurring to her body, both on the outside and on the inside.

We think it is important for your daughter to have information about the normal changes of growth and development. Therefore, we request permission for your daughter to attend a class to learn about puberty. The program will cover the emotional and physical changes of puberty, including menstruation. We emphasize that these changes happen to all girls, but not at the same time. To meet the new NC Healthful Living Essential Standards, students in fifth grade will learn about the reproductive system of both males and females. School nurses from the Buncombe County Health and Human Services will provide the presentation using medically accurate terminology.

An outline of the lesson content is posted on the websites below. Links to other resources are listed to help you discuss this important topic with your daughter.

Buncombe County Health and Human Services :

<http://buncombecounty.org/Governing/Depts/Health/School.aspx> (Growth and Development)

Buncombe County Schools: <http://www.buncombe.k12.nc.us/Page/27487> (Growth and Development)

If you do not have internet access and would like information sent to you, please call Amy Dyer, School Nurse Team Leader. If you have questions or need more information about the program, you may contact Amy Dyer at 250-5057, or amy.dyer@buncombecounty.org .

The classes will be presented at your school on the following date:

(DATE)

(TIME OF CLASS)

Sincerely,

I give my permission for _____ to attend
(CHILD'S NAME)

the class on growth and development.

(PARENT/GUARDIAN SIGNATURE)

(DATE)