



September 30, 2020

Dear Parents/Guardians:

Our fifth and sixth grade crews are about to study an important lesson on the early stages of puberty which children at this age are beginning to experience.

We will be utilizing the Always Changing Program, developed by P&G. This program helps both boys and girls:

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

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

This program is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for over 30 years and has been taught to millions of students nationwide. It is provided as a free educational service to our school by P&G's brands. The program provides content for expanded lessons; however, we are condensing the crucial information into one lesson.

We will be facilitating this discussion with our fifth and sixth grade scholars on **Friday, October 9<sup>th</sup>**.  
**Please return this letter by Friday, October 2<sup>nd</sup>**, indicating your permission for your child to participate in the lesson.

If you have any questions about the Always Changing Program, or if you would like to review the program materials in advance, please contact the Main Office.

Best,

*Aimee Ciarlo*

Aimee Ciarlo  
Dean of Scholars

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**"Always Changing" Lesson Permission Form**

\_\_\_\_\_ (Scholar's name)

has my permission to participate in the Always Changing Puberty Education Program

does **not** have my permission to participate.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date