 Dear 5th Grade Families,

Fifth graders learn about many topics and skills over the course of the year. One topic that is best to do with everyone involved in person is puberty and growing up. Given our current schedule, we instead will share this information with you as a family to allow you to broach it as lightly or deeply as you personally wish.

Please find, below, some information, links and videos that can assist you in this area.  The below link to the PG School Program, contains downloadable resources aimed at parents and children as well as those we use in school.  You will find them in both English and Spanish.

There are three main videos: one for both boys and girls.

<https://www.pgschoolprograms.com/Educators>

If you have questions or concerns, please do not hesitate to contact me, your child’s teacher, or your child’s PE teacher.

Sincerely,

Dr. Payton

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With distance learning the Covid-19 friendly way for you to teach puberty this spring we are sharing this as a reminder our educational materials are available online.**    **Our Always Changing & Growing Up Puberty Education Program for 5th grade boys and girls educational materials are available to download and share at** [**https://www.pgschoolprograms.com/Educators**](https://www.pgschoolprograms.com/Educators)**. The materials that are available to download include the following:**    **for teachers:**  **• Teacher’s Guide**  **• Always Pad Product Demonstration Guide**  **• Teacher’s Permission Letter (English and Spanish)**  **• Teacher’s Presentation in ppt format (if you prefer to change the order of the presentation or design one appropriate for your school please let us know and we will send you a separate link.)**    **for students:**  **• Always Changing & Growing Up Girl Booklet (English and Spanish)**  **• Always Changing & Growing Up Boy Booklet (English and Spanish)**    **Note: The booklets are coed. If you need a same sex booklet ask and we**  **will send the 2018-19 pdf.**    **for parents:**  **• Parents’ Booklet (English and Spanish)**  **• Girl Parent Conversation Guide (English and Spanish)**  **• Boy Parent Conversation Guide (English and Spanish)**    **You can access our videos at the links provided below:**  **the coed version:**  [https://www.youtube.com/watch?v=tKfJ8w7XX6E&list=PLRyQfUYbMgkcDFrBl\_HVmTuLS\_ut-MykU&index=1](http://r20.rs6.net/tn.jsp?f=001wtVLMPhAaz6oc8qFqkw0mRZYf3LgPjaZ60HMJTor6oYfaoRkfCXKrb-o6MtrdKeBtSbQNWmWyJOA_Eog7KVT-h7NlrUlL_Aaye-v3jTVjMKQHt3qpf_Q5GtU-IJ1PT2tFJGaZ_pQsROE5mFXjo7EQDHHE-WjaB-rW6uZKU1_eM_jeDV-YMmxXW-Jld2kuz-Gkdp9qZLUDVbvTPAXpnzFwhyP35A8_tmvVJxArHB5t9w8A6RlCGCoXv8uxskxbgES&c=-8Wy0YTJ6dg4OVCAurACI18oo7OvPzP0yFlPWf4xc52-fINlBOOwjQ==&ch=3PPhGuUXntNuUAJkZy4thaUj0rDzyhWF4tZ4pCybUF_bk09Z9MTn-A==)    **the girl version:**  [https://www.youtube.com/watch?v=OR1XJZ0xRSo&list=PLRyQfUYbMgkcDFrBl\_HVmTuLS\_ut-MykU&index=2](http://r20.rs6.net/tn.jsp?f=001wtVLMPhAaz6oc8qFqkw0mRZYf3LgPjaZ60HMJTor6oYfaoRkfCXKrb-o6MtrdKeB6Zh5hNQYkksTnIJ2FNlFWyHp6Q-LTwOPwO1Df6aOnKT5ZCqnKgfMedH26gtVUsyVJ5I6wUM8Gs6lHvI3FjXbFeQGxh3lfKCj6Ds_QDIkxRSNLO-P5jpUsX8jcnfKvXhBU9ox0CgBoL1OBV7LDjrnW3HRbtVzSunJJB2FCtzNziWFnbRhqIXDT7_wWAYxw7oW&c=-8Wy0YTJ6dg4OVCAurACI18oo7OvPzP0yFlPWf4xc52-fINlBOOwjQ==&ch=3PPhGuUXntNuUAJkZy4thaUj0rDzyhWF4tZ4pCybUF_bk09Z9MTn-A==)  **the boy version:** [https://www.youtube.com/watch?v=G57Suq7JpQE&list=PLRyQfUYbMgkcDFrBl\_HVmTuLS\_ut-MykU&index=3](http://r20.rs6.net/tn.jsp?f=001wtVLMPhAaz6oc8qFqkw0mRZYf3LgPjaZ60HMJTor6oYfaoRkfCXKrb-o6MtrdKeBg_AhBV678H6nd2eZuJUyNWOqAlFnpM9VD6qAVuE7DgZKpTHCOiNx0Ux1p2ftRhetL63sS87iARafn1lT6rH0O2zjU1s_ARGN14yPQzI82YjXAXNF14u7jYWa5k-gVpRvF6FXiiPXSr5Viu88nSEAtoaI_f01shibl5i1muhxTDVkt6AnBkXu7Mc9ACy-1Uw2&c=-8Wy0YTJ6dg4OVCAurACI18oo7OvPzP0yFlPWf4xc52-fINlBOOwjQ==&ch=3PPhGuUXntNuUAJkZy4thaUj0rDzyhWF4tZ4pCybUF_bk09Z9MTn-A==)    **Note: If your students cannot access YouTube let us know what tool your system is using.**    **The Parents’ Booklet and Parent Conversation Guide will be helpful tools as they partner with you to teach their son and/or daughter about the changes ahead.**    **As a reminder all of our materials are new this year and contain new content. Please make sure you review these materials prior to your lesson**    **Always.com also has great tips and advice for both parent and student. One such article, "Puberty Talk" includes ideas on how to start and continue the conversation about puberty.**    **Please let us know if you have any questions. Thank you for your support of our programs.**    **Hannah Jane**  **PG School Programs Team**  [www.PGSchoolPrograms.com](http://r20.rs6.net/tn.jsp?f=001wtVLMPhAaz6oc8qFqkw0mRZYf3LgPjaZ60HMJTor6oYfaoRkfCXKreZ6MfPVaQR2Bp0Kc3IBZ3OFdKV61AYcsDuZbgSEb-VlvbzY9gdXOMubgxSkhH6YakEnMw9pz1oV0m4Tjh4e4RiBbabH4a8km9GTyzitsT05&c=-8Wy0YTJ6dg4OVCAurACI18oo7OvPzP0yFlPWf4xc52-fINlBOOwjQ==&ch=3PPhGuUXntNuUAJkZy4thaUj0rDzyhWF4tZ4pCybUF_bk09Z9MTn-A==) | | |      |  |  | | --- | --- | | |  | | --- | | ‌ | |      |  |  | | --- | --- | | |  | | --- | | ‌ | |      |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | |