

La Grange Independent School District
Hermes Intermediate

Dear Parent/Guardian:

This letter is to inform you of the upcoming 5th grade health and wellness lessons on April 25th/April 26th, 2019. The students will be separated by gender and will be taught their curriculum during their PE/Art/Music time by out campus nurse Karl Willrich, RN.

The Always Changing and Growing Up 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 personal hygiene is each individual's responsibility.

In addition, the program helps girls:

- Understand the menstrual cycle.
- Understand what to expect during the menstrual cycle.
- Learn how to her menstrual cycle while continuing with normal activities.

The Always Changing Program can be viewed on-line at www.pgschoolprograms.com for your convenience. We encourage you to watch them and please contact the school if you have any questions.

We will begin the program on April 25th,2019. If you would like to have your child opt out of the program, please call or send a note to the office by April 12,2019. Your child will be given an alternate activity in a separate location during this class time if you opt out.



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