

INFORMATION REGARDING HEALTH EDUCATION INSTRUCTION

Dear Parents:

As part of the Grade 5 Science and Health Education curriculum, students will be learning about human development and puberty through class instruction and a video presentation. Basic anatomy, hygiene, as well as physical and emotional development will be discussed. Information about specific puberty characteristics will be delivered primarily through the use of a video in the student's Science class.

These lessons and video focus on the early stages of puberty which many fifth graders are beginning to experience. The curriculum information will be viewed by both boys and girls within the same classroom via individual Chromebooks and headsets. The information viewed includes the following:

- 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.

Parents have the opportunity to view the Grade 5 Health Video: *Always Changing and Growing Up/Co-Ed Puberty Education* video being seen in class by going to the North Syracuse Central School District homepage website (www.nscsd.org) and following the steps below:

- Once on the district website, click on the subheading "Departments" to get a pull-down menu;
- Click on Curriculum and Instruction;
- Click on Health Education (located in the left column);
- To view the video click on link titled Grade 5 Health Video.

Parents are provided the opportunity to request that their child be excused from the video portion only of the puberty curriculum. Should you elect to not allow your child to participate, it is assumed the information will be taught at home. If you would like materials to assist in the sharing of puberty information at home, they will be provided upon request.

If you have any questions or concerns regarding this information, please contact the school principal or your child's teacher at 315-218-3000 (Gillette Road Middle School) or 315-218-3300 (Roxboro Road Middle School).

Please complete the form below to indicate your preference regarding this material and return it to your child's Science/Health teacher. The deadline for return is _____

(Student) _____ **has my permission** to participate in the Fifth Grade Puberty Education Program.

(Student) _____ **does not have my permission** to participate in the program.

(Parent's Signature) _____ (Date) _____