Millcreek-West Unity Local School
1401 W. Jackson St.
West Unity, OH 43570
PH: 419-924-2365 Website: www.hilltop.k12.oh.us

Dear Parents/Guardians:

Our fifth-grade classes 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 and Growing 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 the 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.

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

Sincerely,

Kristen Ewers, BSN, RN, LSN

Kristen Ewers, BSN, RN, LSN
School Nurse

"Always Changing and Growing" Lesson Waiver Form

_____ (Student's Name)

____ Does **NOT** have my permission to participate.

_____ _____
Parent/Guardian signature Date