



Cunningham Creek Elementary

A Learning Community of Caring Cardinals

1205 Roberts Road ~ St. Johns, FL 32259

Phone ~ (904)547-7860 Fax ~ (904)547-7854

Eddie Jarrell, Principal

Kim Miller, Assistant Principal

Dear Parent of 5th grader,

Your child has the opportunity to participate in a puberty education program, *Always Changing*, presented at the school this month by a trained teacher or school nurse. The program includes a short video presentation, as well as a question and answer session regarding changes that a young person's body goes through during puberty and adolescence. Boys and girls will be separated for the presentation.

As part of the program, both boys and girls learn:

- About the physical changes that are occurring or will occur in their bodies over the next few years
- About the emotional changes that will take place
- That these changes and feelings are normal
- 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 the normal activities.

The *Always Changing* Program is based on national research and consultation with school nurses, health educators, parents and medical professionals.

We will begin the program on March 14, 2019 @ 2:00pm. Please sign and return this letter by March 11, 2019 if you **DO NOT** want your child to participate in this program.

To review the *Always Changing* videos, please access at: www.pgschoolprograms.com/educators then click on the "always changing" video link at the bottom of the page.

If you have any questions about the *Always Changing* Program, please call the clinic at 547-7872

Sincerely,
Cindy Lewis, RN
Lee Ann Pisarchuk, RN

_____ does **NOT** have my permission to participate.
(Print student name)

(parent's signature)

(date)