



Appleton Area School District

P.O Box 2019- Appleton WI- 54912- 920-832-6106

HEALTH PARENT/GUARDIAN FORM Human Growth and Development

Dear Parent/Guardian:

On _____ we will begin our human growth and development unit focusing on puberty. Our class is about to study an important lesson on the early stages of puberty which many fourth/fifth/sixth graders are beginning to experience. The lessons help 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.
- Physiology of their bodies and correct terminology for 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.

If you have any questions about the Growth and Development unit please feel free to contact me. The curricula as well as teacher support materials can be viewed online through the [Health & Human Performance page of the district's website](#) (visit www.aasd.k12.wi.us - click on Teaching & Learning followed by Standards & Curriculum) or in the school's LMC.