



LAMPASAS INDEPENDENT SCHOOL DISTRICT
SCHOOL HEALTH SERVICES
207 W. 8TH STREET
LAMPASAS, TX 76550

Dear Parents:

Our 4th grade girls and 5th grade girls and boys are about to study an important lesson on the early stages of puberty.

The *Always Changing*® 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 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.

The *Always Changing* 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 35 years and has been taught to millions of students nationwide. It is provided as a free educational service to our school.

To help students feel more comfortable, the boys' and girls' curriculum will be taught separately. We will have the program **DATE HERE**, during activity time.

Please sign and return this letter by **DATE HERE** indicating your permission for your child to participate in the lessons.

If you have any questions about the *Always Changing* Program, please contact me by e-mail at Ellisk@lisdtx.org or call (512) 564-2964

The link can be found on-line, just type in: Always Changing and Growing Up Boys/Girls Puberty Education Video. The curriculum can be found at <http://www.pgschoolprograms.com>

Thank you very much for your interest in this important education program.

(Student's Name)

☐ has my permission to participate in the *Always Changing Puberty Education Program*.

☐ does not have my permission to participate.

(Parent's Signature) _____ (Date) _____