Dear Parents/Guardians:

Fifth grade can be a time for various physical changes as students approach adolescence. To help students understand the physiological changes taking place during the process of growing up, a classroom lesson is presented as part of the fifth grade curriculum. The presentation is factual and stresses the naturalness of the changes that occur during puberty. The importance of personal hygiene, good nutrition, and the balance between exercise and rest is also stressed. By law, parents are able to have their children opt-out from the puberty presentation. Opting out of this aspect of the Health Education curriculum shall not be reason for disciplinary action or academic penalty. (Illinois School Code 105ILCS 5/27-9.1) If you do not want your child to attend the classroom puberty presentation, please inform your school health office. You will be given an opt-out form to complete.

I. **Parent Overview Sessions**
   An overview of the classroom presentations, including a slide show, will be offered for parents to preview on **Wednesday, January 14, 2015 at River Woods School, 2607 River Woods Drive** and on **Thursday, January 15, 2015 at Mill Street School, 1300 N. Mill Street**. These sessions are identical in content and will begin at 7 p.m. The parent meeting is an opportunity to preview the materials that will be used in the classroom and to have your questions answered without the fifth grade students present.

II. **Life Begins**
   Additionally, the District offers an award winning program for parents and students to attend together called “Life Begins.” This program for parents and their fifth grade students will take place in the Little Theatre at Naperville Central High School. It introduces students at a pre-adolescent level to the miracle of human reproduction. Body systems and fetal development from conception to birth are discussed. The emphasis of “Life Begins” is on the importance of responsibility and respect for others.

   Because space is limited, if you are interested in attending the “Life Begins” presentation with your child, please RSVP to your child’s school health office by January 20, 2015 using the response form at the bottom of the attached flyer.

III. **Classroom Session**
   Puberty changes will be discussed with 5th grade boys and girls on **Wednesday, April 8, 2015 at Highlands School**.

   The girl’s portion of the puberty program will be presented by a school nurse educator. A male educator from the Robert Crown Health Education Center will present to the boys.

   Questions about the programs can be directed to your school nurse. She can be reached at the School Health Office.

   District 203 Health Services