**Dear Parents:**

Our class is about to study an important lesson on the early stages of puberty which many fifth/sixth graders are beginning to experience. The Always Changing® and Growing Up 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® and Growing Up 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: Always® feminine protection products, Tampax® feminine protection products, Secret® deodorants & antiperspirants,and Old Spice® body wash, deodorant & antiperspirants.

We will begin the program on Monday, April 24, 2017. Please sign and return this letter by 04/24/2017, if you DO NOT GIVE permission for your child to participate in the lessons, otherwise your child will participate. If you have any questions about the Always Changing® and Growing Up Program, or if you would like to review the program materials in advance, please email or call me at [jrdennison@gmail.com](mailto:jrdennison@gmail.com) or 505-306-6462.

You can view the material at <http://www.pgschoolprograms.com/parents.php>

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

*Brent Diaz, Ana Perea, Jennifer Dennison*

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the Always Changing® and Growing Up Fifth Grade Puberty Education Program.