

**Alloway Township School
43 Cedar Street
P.O. Box 327
Alloway, New Jersey 08001
(856) 935-1622**

May 4, 2023

Dear Parents/Guardians,

The fourth grade class is about to study an important lesson on the early stages of puberty, which many fourth graders are beginning to experience. We will be utilizing educational material provided by the *Always Changing* Program.

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 25 years and has been taught to millions of students nationwide. The programs materials can be viewed at the following website:

<http://www.pgschoolprograms.com/>.

If you would prefer that your child **NOT** participate in this lesson, please sign the OPT OUT form below and return to the school no later than **Friday June 2, 2023**.

If you have any questions about the *Always Changing* Program, or if you would like to review the program materials/video in advance, please call me at 856-935-1622 x200.

Kellie Whelan, RN CSN

Mike Mayhew, Health and PE Teacher

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Student Name: _____

_____ Does **NOT** have my permission to participate in the lesson.

_____ Signature: _____

Parent Name (Printed)