



Penn Manor School District
Health Services
PO Box 1001, Millersville, PA 17551-0301

Dear 4th Grade Families:

As part of the fourth grade health program, female students will be receiving important information about puberty. The goals of the program are to present up-to-date information and to emphasize the importance of healthful living. The puberty lesson for girls will be taught by the Certified School Nurse. Following this presentation, a lesson and discussion period will be held, led by the school nurse. Written materials will be used and sent home as a reference for your daughter. This class will be conducted for **fourth grade girls only**. Mothers/guardians are welcome to attend. The content of the program is reviewed below.

Puberty Presentation:

- Introduction to basic physical and emotional changes of puberty
- Self-esteem
- Hygiene
- Nutrition and exercise
- Video "Just Around the Corner"

The DVD and handouts will be available for parent preview in your child's school prior to the class. Contact the school nurse to make arrangements if you wish to preview it prior to February 28th.

If you would like to have your child excused from the program, please notify the school nurse in writing no later than February 28th. If you would like to attend this class please contact your school nurse for date and time of class.

Central Manor	717-872-1401 ext 3202
Conestoga	717-872-9535 ext 3502
Eshleman	717-872-9540 ext 3602
Letort	717-872-9530 ext 3032
Martic	717-284-4128 ext 3402
Pequea	717-464-3831 ext 3802
Hambright	717-872-9503 ext 3702