May 19, 2016

Dear Parents and Guardians,

As part of the grade 5 Health Curriculum, students will be participating in discussions regarding puberty, reproduction, and sexual orientation.

The following outcomes will be addressed:

* Students will be expected to describe the physical and emotional changes that take place during puberty (some review from grade 4 content)
* Students will be expected to describe the male and female reproductive systems, explaining the process of reproduction and how the reproduction system matures through the process of puberty.
* Students will be expected to demonstrate an understanding that sexual orientation is part of our personality and explore the harmful effects of homophobia.

We will begin by discussing the physical and emotional changes that take place during puberty, using the following questions to guide our discussion.

* What is puberty?
* What causes puberty?
* How old are boys and girls when they begin puberty?
* What physical changes happen to your body during puberty?
* What emotional changes take place during puberty?
* What are ways to maintain good hygiene as the body matures?
* What are some factors that influence good health? (e.g. healthy eating, exercise, sleep)

We will then continue to learn about the male and female reproductive systems and the process of reproduction, followed by discussions on sexual orientation.

Also, at the end of our sessions, students will be receiving the book, “Growing UP OK!” You may preview this book on the Nova Scotia Health Promotion and Protection website using the following address.

**http://novascotia.ca/dhw/healthy-development/documents/Growing-Up-OK!.pdf**

Discussions on puberty will begin this week with more classes to follow next week. If you have any questions, please do not hesitate to email ([adoyle@hrsb.ca](mailto:adoyle@hrsb.ca)).

Yours in learning,

Mrs. Doyle