Hello all,

The grade fives will be beginning a unit of inquiry and discovery on the topic of puberty and sexual health. This unit will be taught to all the grade fives over the next six to eight weeks on Fridays by Mr. Crockett and Ms. Cuming (Gr. 4/5). Since this can be a bit of an awkward time for parents and kids. We will be encouraging kids to approach these topics with honesty, dignity, and respect. Each lesson will begin and end with reviewing our school values and how we would like to be treated and treating each other. We will also have an anonymous question box that kids will place questions in that they want addressed. There is potential for assignments that the kids might bring home that will need your support and input. This will help tremendously as kids develop a support system for understanding the changes that are upon them.

Topics will be as follows:

1. Puberty changes-
   1. common human body parts, body changes, thought changes, relationship changes
   2. boys, girls, both (investigating changes that are the same and those that are different)
   3. support systems
   4. personal hygiene and strategies to address physical changes
   5. dealing with puberty and creating a positive self-image
   6. celebrating the person they will be during puberty
2. Anatomy & Physiology
   1. familiarity and comfort using scientific terms for reproductive anatomy
   2. puberty changes
   3. male anatomy and function
   4. female anatomy and function
   5. sperm production
   6. ovum production and menstrual cycle

These topics are all indicators of understanding for the Sask. Curriculum outcome: **Understand the responsibilities associated with the physical, social, spiritual, and emotional changes of puberty.**

If you have any questions about the material then please let me know.

Sincerely,

Mr. Crockett and Ms. Cuming

Grade 5/6 Grade 4/5

Willowgrove School