



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

Dear 4th Grade Families:

In the next few months as part of the fourth grade health program, 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 and the lesson for boys will be taught by the Health and Physical Education teacher. Following this presentation, a lesson and discussion period will be held. Written materials will be used and sent home for follow-up discussion and as a reference for your child. 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"- Girls

Video "Personal Hygiene"- Boys

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 March 6th. If you would like to attend this class please contact your school nurse for the date and time of the class.

If you would like to have your child excused from the program, please notify the school nurse in writing no later than March 6th.

For any questions please contact your school nurse.

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