



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

Dear 5th Grade Families:

In the next few months as part of our fifth 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 programs are presented separately. 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. Written materials will be used and sent home for follow-up discussion and as a reference for your child. We are asking that you review this information that your child brings home. These classes will be conducted for all fifth grade students. The content of the program is reviewed below.

**Puberty Presentation:**

Physical and emotional changes of puberty

Self-esteem

Hygiene

Nutrition and exercise

Video “ Always Changing and Growing Up | Puberty Education Video ”

The DVDs and complementary materials will be available for parent preview in your child's school. Contact the school nurse to make arrangements if you wish to preview the materials prior to March 6th.

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.

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|---------------|-----------------------|
| 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 |