



FULLERTON SCHOOL DISTRICT  
HEALTH SERVICES  
Growth & Development

Dear Parents:

Each year, the Fullerton School District nurses teach “Growth and Development” classes, at each elementary school-- one class for 5<sup>th</sup> grade girls and one class for 6<sup>th</sup> grade boys (separate sessions). Each class lasts approximately one hour and a DVD (“Just Around the Corner” by Marsh Media) is shown during that time to help introduce the topic of body changes during puberty. We have targeted 5<sup>th</sup> grade girls and 6<sup>th</sup> grade boys based on their maturity level and their ability to benefit from the information presented. Below are the standard teaching objectives the nurses follow for the classes they teach. If you feel your child is ready for expanded conversation at home, we have also included helpful resources that may assist you when you speak to your child.

- Introduction of the anatomy and physiology of the Reproductive system.
- Changes that can be expected when a child goes through the phase known as Puberty.
- Information about menstruation and pad care (girls only).
- Encourage an exchange in dialogue with parents, teacher, and nurse.
- Understanding the new responsibility that accompanies these physical changes.

**Website Resources:**

- [Kidshealth.org](http://Kidshealth.org) (Puberty and Growing Up)
- [Familydoctor.org](http://Familydoctor.org)
- [Pgschoolprograms.php](http://Pgschoolprograms.php)

**Book Resources:**

- “The Care and The Keeping of You” by Valerie Schafer
- “The Body Book for Girls”
- Local Library

**Other Resources:**

- Pediatrician/Primary Care Physician
- School Nurse