



Parents and Guardians of East Side Students:

This year, we will present lessons to all students, 3rd, 4th and 5th grade, about respecting ourselves and others through their growth and development. These lessons are scheduled this year for mid-April as they fit into the Specialist's schedules.

Third grade will have a simple lesson, based on the book "Amazing You!" by Dr. Gail Saltz. This lesson presents elementary discussion points about bodies changing over time, naming body parts accurately, and even basic terminology about conception (ex: sperm joins with egg to grow a baby in the mother's uterus). The goal is to normalize respectful language and thought about the human body, and ease students into thinking about changes to come over the next several years.

Fourth grade's instruction comes from a program entitled, "Always Changing, Always Growing." This program touches on the physical and emotional changes of puberty experienced during early adolescence. Girls and boys are divided for two lessons. During the first lesson, students will watch a video covering the basics of the general changes of puberty along with changing hygiene needs and emotional growth. Dr. Alison Shannon-Lier PT is supporting the lesson for the girls by addressing nutrition and exercise as they relate to menstruation and puberty. We will follow up with an anonymous question and answer opportunity, and conduct a more in-depth discussion about gender-specific changes that will be taking place over the next few years. If you want to preview the video the students will watch, see the website below.

Fifth grade students will explore how their growing bodies affect body perception during Guidance class. Utilizing a lesson through Common Sense Media titled "Picture Perfect", students will explore how pictures and images in the media and social media are manipulated with filters or editing programs in ways that don't represent reality; unrealistic images influence the expectations of our own bodies.

In Health and PE, 5th grade students learn about optimal sleep, nutrition and other healthy habits for growth during this time, as well as review hygiene tips.

To review all of the growth and development curriculum, including videos and books, please go to <https://pewithmrsraymond.weebly.com> > Health Education > Growth and Development

If you have questions or concerns, we welcome a dialogue. If you wish for your child to opt out of this instruction, please contact us as soon as possible.

Thank you,

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Dr. Alison Shannon-Lier, Physical Therapist at Granite Sports Medicine