

Date:

Dear Parents/Guardians:

As part of the RRISD 4th and 5th grade health Texas Essential Knowledge and Skills requirements, classes on maturation and hygiene will be provided for 4th and 5th grade students. Boys and girls will be separated for the instructional program.

For 5th grade Girls & Boys and 4th grade Girls: The focus of the maturation program is on the physical and emotional changes that take place in adolescents during puberty. The DVD/Video, "Always Changing", is an age appropriate video for girls and boys that describe these changes in a sensitive manner. Boys and girls will be separated for the instructional program and will view the "GIRLS ONLY" or "BOYS ONLY" version of the DVD/Video. The DVD/Video that we will be showing is the original. You can preview the DVD/video and course materials at: <http://www.pgschoolprograms.com/parents.php>

For 4th grade Boys: The focus of the 4th grade boys program is on the development of personal **grooming and hygiene** habits as they mature. The DVD/Video "Whatsa Hygiene?" will be shown to the boys.

The DVD/Video and discussions will take place at school :

Students returning an **OPT OUT** form will be sent to an alternate location in school during this instructional program.

Please feel free to contact the school health clinic at: _____ with any questions.

OPT OUT Form

(Return this form only if you do NOT wish your child to participate in the Maturation/Hygiene program)

Name of Student: _____

Teacher's Name: _____

My child, _____, does **NOT** have permission to participate in the above stated instructional program. I understand that he/she will be sent to an alternate location in school during this instructional program.

Parent/Guardian Signature

Date