

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS
RIVER PLAZA ELEMENTARY SCHOOL

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William O. George III, Ed.D.
Superintendent of Schools

David Whitman
Principal

February 13, 2018

Dear Parents and Guardians:

The Health/Family Life curriculum offered for students in grades 4 and 5 will study the important lesson on the early stages of puberty, which many fourth and fifth-graders are beginning to experience. As in the past, the lesson will be scheduled for a date this spring, you will be notified of the date in advance and will have the option to exclude your child from viewing the videos if you so desire.

The program helps both boys and girls:

- Understand the physical and emotional changes they experience during puberty, and acknowledge these changes as normal part of growth and development.
- Learn the physiology of their bodies and the correct terminology for parts of the reproductive system.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program will help girls:

- Understand the menstrual cycle.
- What to expect during a period.

The 5th grade puberty videos are available to preview online via YouTube at the following links:

- Boys [Always Changing Boys](#)
- Girls [Always Changing Girls](#)

The 4th grade puberty videos, "Just Around the Corner", will be available for preview in the library at River Plaza on Friday, February 23th at the following times:

- Boys 12:30 - 1 pm
- Girls 1 - 1:30 pm

If you have any questions about the Program, or if you would like to review the program materials in advance, please call me at (732) 747-3679 ext 8503

Thank you!
Nurse Karla Manchester