

# SOUTH JACKSON ELEMENTARY SCHOOL

8144 Jefferson Highway  
Athens, GA 30606  
(706) 543-8798

*Pam Johns*  
*Principal*

*Resa Brooksher*  
*Assistant Principal*

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Dear Parents,

The week of February 8th the school will provide a unit of study on **Human Growth and Development to all 4<sup>th</sup> and 5<sup>th</sup> graders.** The video and written material will be available for your review the week before in the school media center during school hours.

Health education is a vital aspect of our total educational process. With the increased sophistication, knowledge and expanding needs of today's students, it is important that a pertinent and well-rounded health curriculum be offered that emphasizes the individual and his/her obligations to self and society.

Students need motivation, knowledge, and the ability to make responsible health decisions in regard to themselves and to their society. Educators in cooperation with parents will play a prominent role in providing the necessary guidance for a well-rounded program. This unit will provide responsible instruction toward good health to promote self-awareness and self-esteem to meet the challenges and the needs of our changing society.

Objectives to be covered:

- Understand the term puberty and why it happens.
- Become familiar with the female/male sex organs, their function and their development during puberty.
- Learn about other physical and emotional changes that girls/boys experience during puberty.
- Understand the importance of healthy diet, good hygiene and regular exercise during puberty.
- Have opportunities for reflection and discussion to promote physical, mental and emotional health and well being.

Sincerely,

Heather Hitt  
Jackson County School Nurse

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***I grant permission for my child to participate in this unit on Human Growth and Development.***

Student Name \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

**PLEASE SIGN AND RETURN PERMISSION SLIP TO THE SCHOOL**