



Public Health
Prevent. Promote. Protect.

Central Valley Health District
School Nursing

Dear Parents/Guardians,

As the school nurse, I will be presenting an important program about Puberty, Growth and Development to all _____ on _____

To help teach this class, I will be using materials from the “Always Changing and Growing Up” Program. This program is based on national research and consultation with school nurses, health educators, parents, and medical professionals. It has been a trusted resource for over 35 years and has been taught to millions of students worldwide. It is provided as a free educational service to our schools by P&G’s brands: Always period products, Tampax period products, and Old Spice body wash, deodorant & antiperspirants.

I encourage you to use this lesson as a springboard for talking with your child if you haven’t already started. You, too, play an important role in helping your child navigate puberty with confidence!

You can access the puberty education materials that will be used to inform your child, and download a helpful guide designed specially to help parents support their student as they enter puberty by doing the following:

- Go to Centralvalleyhealth.org
- Click Online Forms & Resources Tab
- Scroll down to Nursing Services
- Choose what Puberty Education Video & Always Changing & Growing Educational Materials you wish to view or print. (Listed individually)

Thank You for your interest in this important education program.

Warmly,
School Nurse – Deb Fischer, RN

Your child will be expected to attend the presentation unless written permission from a parent/guardian is sent to class with the student prior to the education date listed above.

(Student Name) _____ **Does not** have my permission to participate in the Always Changing and Growing Up Program.

(Parent/Guardian Signature) _____ Date _____