



**Public Health**  
Prevent. Promote. Protect.

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**Central Valley Health District**  
School Nursing

Dear Parent(s)/Guardian(s),

As the School Nurse, I will be offering an important educational opportunity regarding puberty, hygiene, growth and development to all students in grade \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_.

To provide the most comprehensive and updated information, I will be using materials and resources from the “Always Changing and Growing Up” curriculum to assist in providing this lesson. The Always Changing and Growing Up puberty content is rooted in national research in consultation with school nurses, health educators, parents, and medical professionals and has been a trusted resource for over 35 years. It is provided as a free educational service to our schools by P&G’s brands: Always®, Tampax® and Old Spice®.

All content, including print and digital materials, that are provided and reviewed during the lesson are available for you to review on our websites at <https://centralvalleyhealth.org/online-forms-resources/> (QR code provided below) and scroll to “Growth & Development Education” section.

The included documents also include resources for you as a parent/guardian to best support your student as they enter puberty. I encourage you to use the included 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!

Your child will be expected to attend this lesson unless the Non-Consent Form below is completed and returned to your student’s teacher prior to the date listed above. Thank you for your interest in this important educational opportunity for your student.

Warmly,

Deb Fischer, RN  
School Nurse

**CVHD Puberty  
Education Content:**



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**PUBERTY EDUCATION NON-CONSENT FORM**

*Must be completed and returned to class prior to the date listed above.*

\_\_\_\_\_  
(Student’s Name) **DOES NOT HAVE PERMISSION** to participate in the “Always Changing and Growing Up” Puberty Education lesson.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date