



**Building Excellence
Health Services**

Dear Parent/Guardian,

The Alabama Course of Study for 5th grade Health Education includes standards on health, personal hygiene, and physical development. To address these standards, school nurses and faculty will meet separately with 5th grade girls and boys for a presentation entitled “Always Changing & Growing Up: Personal Health & Hygiene.”

Each class, divided into a girls class and a boys class, will watch a video on health, personal hygiene, and body changes. Afterwards, instructors review key concepts outlined in the video. Students will be encouraged to discuss any questions regarding human growth and development with their parent/guardian. To preview the video prior to your child’s scheduled class viewing, click the following links:

[GIRLS Video Always Changing and Growing Up](#)

[BOYS Video Always Changing and Growing Up](#)

For your child to participate in this health education program, please complete and return the bottom portion of this letter. **If you do not respond, your child will not be included in the presentation.**

Please do not hesitate to contact my office or your school nurse with any questions.

Sincerely,

Alison Rudd, EdD, RN, CRNP
Health Services Coordinator
arudd@bcbe.org
(251) 972-8525

School Nurse Name

School Phone Number

YES, my child **may view** the “*Always Changing & Growing Up*” video.

Student Name

Parent/Guardian Signature*

Grade

Parent/Guardian Name* (please print)

Teacher Name

Date

**must be signed by parent or legal guardian*