

ENVISION²¹

DEEP LEARNING

CATALINA FOOTHILLS SCHOOL DISTRICT

April 14, 2017

Dear Parents:

Human Growth and Development is a state approved curricular program offered on a voluntary basis to fourth through ninth grade students in the Catalina Foothills School District. The curriculum will be taught at Manzanita to 5th grade students in four sessions on May 8 at 10:10 a.m. (Lesson 1), May 9 at 10:10 a.m. (Lesson 2), May 10 at 10:10 a.m. (Lesson 3), and May 11 at 1:00 p.m. (Lesson 4).

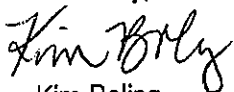
Copies of the program are available for preview in the school library. All supplementary materials will also be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, they can be viewed in the library. The following summary will acquaint you with the general content of this instruction.

5th Grade students will:

- Learn the ground rules for discussion and the proper use of the question box.
- Understand the importance of basic hygiene (e.g., acne, menstrual products).
- Recognize that there are physical changes occurring in the male/female reproductive systems during puberty.
- Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.
- Recognize that the media has influence on a person's self-image and self-concept.
- Know that counselors, school nurse, teachers, and family members are resources for dealing with personal concerns and health issues.

Please sign and return the attached permission form by May 1, 2017, indicating your wishes for your child's participation. Students whose parents do not give permission to participate in this program, or who do not return their forms, will be provided an alternate program.

Sincerely,


Kim Boling
Principal

Catalina Foothills School District Human Growth and Development Overview

Human Growth and Development is an optional curriculum taught at the fourth and fifth grade levels in elementary school as a component of Catalina Foothills School District's K-12 Comprehensive Health Curriculum. In accordance with state statutes, written parental permission is a requirement for student participation in the lessons delineated herein.

In Fifth Grade, students will:

BC-5-1	Understand the importance of basic hygiene (e.g., acne, menstrual products).
AP-5-1	Recognize that there are physical changes occurring in the male and female reproductive systems during puberty.
AP-5-2	Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.
M-5-1	Recognize that the media has influence on a person's self-image and self-concept.
I-5-1	Differentiate between conformity and individuality.
R-5-1	Know that counselors, school nurse, teachers, and family members are resources for dealing with personal concerns and health issues.

Fifth Grade Session Focuses:

Session 1

Benchmark Focus:

M-5-1	Recognize that the media has influence on a person's self-image and self-concept.
I-5-1	Differentiate between conformity and individuality.

Session 2

Benchmark Focus:

BC-5-1	Understand the importance of basic hygiene (e.g., acne, menstrual products).
AP-5-1	Recognize that there are physical changes occurring in the male and female reproductive systems during puberty.
AP-5-2	Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.

Session 3

Benchmark Focus:

AP-5-1	Recognize that there are physical changes occurring in the male and female reproductive systems during puberty.
AP-5-2	Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.
R-5-1	Know that counselors, school nurse, teachers, and family members are resources for dealing with personal concerns and health issues.

Session 4

Benchmark Focus:

AP-5-1	Recognize that there are physical changes occurring in the male and female reproductive systems during puberty.
AP-5-2	Understand specific terminology relating to puberty and body changes and understand that each person's rate of development is varied.
M-5-1	Recognize that the media has influence on a person's self-image and self-concept.

Annotated List of Fifth Grade Videos:

Session 1

Evolution by Dove (Video, 1.5 minutes)

http://selfesteem.dove.us/Articles/Video/Evolution_video_how_images_of_beauty_are_manipulated_by_the_media.aspx

The video illustrates how clever lighting, make-up, and digital manipulation (Photoshop) make it possible to completely transform an image so that it no longer reflects the shape, size, or features of the original model. Professional makeup artists prepare a model for a photo shoot and show the process of photoshopping the final image before publication.

Session 2

What is Puberty? DVD, Video 1 (Boys' Version to Boys and Girls' Version to Girls) in The Puberty Workshop and Curriculum, 14 minutes (Human Relations Media)

Viewers meet hosts Damian and Alie who introduce two expert doctors who explain the biological and physical changes that are common during puberty. Basic hygiene is also addressed as well as other changes in puberty, such as sleeping more, desire for independence, fighting with parents more often, making new friends, and having new romantic interest in peers.

Session 3

Girls and Puberty – DVD, Video 2 in The Puberty Workshop (Boys' Version to Boys and Girls' Version to Girls), 15 minutes (Human Relations Media)

The focus of this video is girls and puberty. It addresses the changes in girls that are common during puberty, the female reproductive system, and menstruation. Basic hygiene during the menstrual period is also addressed.

Boys and Puberty – DVD, Video 3 in The Puberty Workshop and Curriculum (Boys' Version to Boys and Girls' Version to Girls), 13 minutes (Human Relations Media)

The focus of this video is boys and puberty. It addresses the common changes that most boys experience during puberty and the male reproductive system.

Both the Girls' Version and the Boys' Version address puberty of both genders.

Session 4

New Emotions, New Feelings – DVD, Video 4 in The Puberty Workshop and Curriculum (Boys' Version to Boys and Girls' Version to Girls), 16 minutes (Human Media Relations)

Hosts, Damien and Alie, discuss the new emotions and feelings that come along with puberty, emphasizing that a changing body can make young people feel awkward, embarrassed, or even proud. Changes in self-confidence, or how one feels about his/her self is a normal part of growing up. Also addressed are new relationships (e.g., romantic crushes) and the need to communicate well and make good decisions.

NOTE: All materials will be available for preview just prior to and during the instructional time span. If you are interested in viewing these materials, please contact the school's main office.

Permission Form

Fifth Grade Human Growth & Development Curriculum

PLEASE RETURN TO YOUR CHILD'S TEACHER BY May 1, 2017.

_____ I wish to have my child participate in learning the 5th grade Human Growth and Development Curriculum at Manzanita Elementary School.

_____ I do not wish to have my child participate in learning the 5th grade Human Growth and Development Curriculum at Manzanita Elementary School. I understand that an alternative program will be provided.

_____ I wish to have my child participate in the circled sessions only (1 2 3 4) of the 5th grade Human Growth and Development Curriculum at Manzanita Elementary School.

I understand that an alternative program will be provided during those HG&D sessions in which my child is not participating.

Session 1: May 8 (10:10-11:20)

Session 2: May 9 (10:10-11:20)

Session 3: May 10 (10:10-11:20)

Session 4: May 11 (1:00-2:00)

Parent's Signature _____

Child's Name _____

Child's Teacher _____

