

**Jackson School District**  
**Switlik Elementary School**  
75 West Veterans Highway  
Jackson, NJ 08527  
Tel: (732) 833-4650  
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***Mrs. Kathleen McKiernan***  
***Principal***

***Mrs. Renee Pagano-Hein***  
***Assistant Principal***

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April, 2019

Dear Parent/Guardian,

On Friday, May 17, 2019, your son/daughter will be participating in the Grade 5 “Health Talk.” These classes deal with Human Growth and Development, and are separated by gender. Our Physical Education teachers will talk to the boys and girls, separately, about topics such as:

**For the Boys**

- Facial, underarm hair
- Voice Change
- Growth Spurts: arms, legs and private body parts
- Nocturnal emissions
- Oil and sweat gland activated acne
- Emotional changes

**For the Girls**

- Growth spurts
- Hair growth
- Oil and sweat gland production/acne
- Emotional changes

The Physical Education teacher, Mr. Hamdi, along with your child’s homeroom teacher, will discuss the physiological and chemical causes of puberty and encourage students to ask questions. For any topic not included on this list, your child will be encouraged to discuss his/her question with you, or to speak privately with the nurse or other health care professional. We encourage students to get information from parents or other trusted adults, and not from fellow classmates.

As part of the lesson, a video, or parts of a video, may be shown for the students. Parents can preview the video at [www.pgschoolprograms.com](http://www.pgschoolprograms.com). Click on the puberty link and select ‘view video’.

If you have any concerns, you can contact Mr. Hamdi at [yhamdi@jacksonsd.org](mailto:yhamdi@jacksonsd.org). If you would rather your son/daughter not attend this program, please send a written note to your child’s teacher by Friday, May 10, 2019.

Sincerely,

*Kathleen McKiernan*

Kathleen McKiernan  
Principal