



Freedom Elementary School

Harrisburg School District
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Harrisburg SD 57032
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Dear Parents:

Our **fourth grade** students are about to study an important lesson on the early stages of puberty. The *Always Changing® Program* helps both boys and girls:

- Understand some of the physical and emotional changes they experience during puberty and acknowledgement that these changes are a normal part of growth and development.
- Understand that personal hygiene is each individual's responsibility.

In addition, the program helps girls:

- Understand the menstrual cycle.
- Understand what to expect during a period.
- Learn how to manage periods while continuing with normal activities.

Travis Slaba, PA from Avera Harrisburg clinic will be facilitating the boy's lesson. Your school nurse will facilitate the girl's lesson.

The *Always Changing Program* is based on national research and consultation with school nurses, health educators, parents and medical professionals. It has been a trusted resource for 20 years and has been taught to millions of students, nationwide. It is provided as a free educational service to our school by the Always® brand of feminine protection products. Students are separated by gender when presenting this program.

We will teach the program on May 8th at 10:30-11:30. **Please contact the health office if you prefer your child not to attend.** If you have any questions about the *Always Changing Program*, or if you would like to review the program materials in advance, please call your school health office staff. If you would like to view the videos please go to <http://www.pgschoolprograms.com/Parents>. Thank you very much for your interest in this important education program.

Thank you,
Laura Steichen, LPN
Freedom Health Nurse