



## **Katimavik Elementary School**

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January, 2016

Dear Parent or Guardian

In the near future, Grade 4 students will begin a health unit on Healthy Living –Human Development and Sexual Health. The purpose of this letter is to inform you of the topics that will be covered and to provide you with the opportunity to talk with your child prior to commencing with our studies

This unit extends from the work begun in grade 3 and will cover the following areas;

- Describe the physical changes that occur in males and females during puberty and the emotional and social impacts that may result from these changes;
- Demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty.

The delivery of this unit will be presented in partnership with our Public Health Nurse - Carrie Innes

It is our belief that you as parents/guardians play a significant role in the formation of your children's values and behavior related to human growth and development. This unit offers you a chance to discuss classroom lessons and to consider them in view of your own family values and beliefs.

Other activities which might encourage discussions with your child are;

- Watch a video, television show or documentary with your child and focus on sexual stereotyping, how relationships are portrayed and what messages are being given about sexuality
- Look at magazine ads or commercials and talk about messages that are being conveyed about human sexuality
- Complete any activity that your child brings home to share with you.

Should you have any questions or wish to have more information about the unit do not hesitate to contact me.

Sincerely,

Mr. Harry J. Roo, M Andrew Thorp, and Mr. Rob Hamm,  
Health and Physical Education Teachers, Katimavik ES