February 20, 2016

Dear Parents,

For the next few weeks in Health we will be studying the growth and development that occurs during adolescence. AKA: PUBERTY!!! Students will study the physical, mental, emotional, and social changes that take place during this time. They will learn about how the male and female reproductive systems work and the main focus will be respecting all people regardless of the rate at which they are changing.

The adolescent years can be unsettling and confusing for pre-teens and teens. The changes they experience—not only physically, but also mentally, emotionally, and socially—are a lot to deal with. Learning what to expect can help your child experience adolescence with confidence. Your participation in the exploration of their growth and development is important.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your pre-teen:

\*Together, look at photos and/or videotapes that show your son or daughter at earlier ages. Discuss the physical changes that have taken place since the pictures were taken.

\*Discuss how your son or daughter’s interests have changed in the last two, three, or more years. Encourage them to describe current interests and to speculate about what might become interesting in the future.

\*Share some aspects of your adolescent years with your son or daughter. For example, discuss some of the activities you and your friends enjoyed. Discuss some of the feelings and emotions you experienced. Break out some pictures of yourself at their age!

Any other activities you believe will help your pre-teen understand the process of growing and developing into a healthy adult are, of course, a welcome addition to our efforts here. One of the greatest gifts you can give your son or daughter is support and understanding during adolescence. As always, do not hesitate to contact us for further information.

Please visit our Health blogs for resources and more information

about what’s going on in Health this semester!

Warmly,

Ms. Smith, Ms. Hefte and Ms. Bowie

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