

Dear Grade 5 Parents and Guardians;

December 2022

As in previous years and in accordance with the directives of the Ministry of Education, a program on Puberty will be presented to the grade 5 students at St. John Fisher. These sessions, designed to provide students with proper information and a healthy attitude, will help students to:

- Understand the physical, psychological and affective changes associated with puberty and reproduction
- Adopt a positive attitude towards their changing bodies and recognize the diversity of different body types
- Recognize the importance of personal hygiene

These workshops are planned for **December 9 and 15, 2022**. It is possible that following these sessions your child may approach you with questions. As the parent and primary educator of your child, it can be an important time to initiate dialogue, address concerns, and impart family values that give perspective to the content covered in school. Research has shown that youth see their parents as valuable sources of sexual health information and that talking about sexuality to adolescents contributes to their being better informed, fulfilled and able to make healthy choices.

Please feel free to contact me if you have any further questions or concerns. I look forward to meeting your children in the classroom.

Sincerely,

Jill Sockett, BScN
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