



PUBLIC SCHOOLS

MILTON, MASSACHUSETTS 02186

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May 24, 2021

Dear Parents/ Guardians of current 5th grade students,

As part of the Milton Public Schools curriculum, the Nursing Department and MPS physician, Dr. Patricia Guglietta, provide information to students about how their body changes and develops as they grow and enter puberty. Traditionally, this Growth & Development program is presented in the spring of the student's 5th grade year with a preview night for parents/guardians in advance. In an effort to ensure that our 5th grade students have the knowledge to enter adolescence prepared with facts and confidence, we have transitioned our Growth & Development program online to be completed at home with a parent/guardian.

Students will be assigned this at-home learning activity to be completed with a parent or guardian by their teacher over the next couple of weeks. Students *will not* be sent links to the videos, they will be advised to speak with their parent/guardian to complete this activity together and can watch the video(s) their parent/guardian has chosen. Your school nurses, along with your pediatrician, are here to support your child's journey into adolescence by talking about it openly, presenting facts, and providing resources to begin this conversation. Attached please find videos, suggested resources and MPS contacts to complete the program.

We suggest that you watch the video(s) first and look through the resources posted below prior to viewing the program with your child. After watching the video, allow time for questions and answers with your child. This is a powerful opportunity to help your child gain knowledge and encourage conversations about puberty. You may find the links to online resources helpful as they will guide your answers to questions that the student's may have.

We have also attached a list of books that are recommended for students and parents/guardians that can be found on Amazon (or via Milton Public Library online services.)

25 Gile Road, Milton, Massachusetts 02186

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Videos:

Please choose at least one of the following links to view with your child.

[Taking Care of Your Body During Puberty](#) (2:45 minutes)- Introduction to the AMAZE program- other topics can be found in related content and are presented in 2-3 minute video clips. This “a la carte” program will let you pick/ choose what video you would like your student to watch.

[Always Changing & Growing Up Coed](#) (26 Minutes)

[Always Changing & Growing Up Girls](#) (19 Minutes)

[Always Changing & Growing Up Boys](#) (17 minutes)

Please feel free to contact your child’s school nurse with any questions/ concerns at their school email-

Maureen LeBlanc, Glover Nurse- mleblanc@miltonps.org

Kerri Joyce, Tucker Nurse- kjoyce@miltonps.org

Alison Joyce, Cunningham Nurse- ajoyce@miltonps.org

Jeanne Sgroi, Collicot Nurse- jsgroi@miltonps.org

Sincerely,

Kimberly Coughlin
Director of Nurses
Milton Public Schools
kacoughlin@miltonps.org

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Resources and Suggested Reading

Books for Students

American Medical Association Girl's Guide to Becoming a Teen by American Medical Association, by Kate Gruenwald and Amy B. Middleman

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health by Robie Harris and Michael Emberley

It's So Amazing! A Book About Eggs, Sperm, Birth, Babies, and Families by Robie Harris and Michael Emberley

The What's Happening to My Body? Book for Girls: A Growing up Guide for Parents and Daughters by Lynda Madaras, Area Madaras and Simon Sullivan

Are You There God? It's Me Margaret by Judy Blume

Period: A Girl's Guide by JoAnn Loulan and Bonnie Worthen; illustrated by Marcia Quackenbush

The What's Happening to My Body? Book for Boys: A Growing up Guide for Parents and Sons by Lynda Madaras, Area Madaras and Simon Sullivan

Then Again, Maybe I Won't by Judy Blume

Books/Online Resources for Parents/Guardians

Parenting Through Puberty by Suanne Kowal-Connelly, MD, FAAP

"Concerns Boys Have About Puberty"

<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Concerns-Boys-Have-About-Puberty.aspx>

"Concerns Girls Have About Puberty"

<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Concerns-Girls-Have-About-Puberty.aspx>

American Academy of Pediatrics Grade School Information –

<https://www.healthychildren.org/English/ages-stages/gradeschool>

Tips for Raising A Safe and Healthy Child – <http://www.cdc.gov/family/parenttips/tips.pdf>

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