



October 2018

Dear Montessori 5<sup>th</sup> or 6<sup>th</sup> Year Parent,

We are getting ready to begin a health and life skills education program called "Positive Puberty". The Positive Puberty program has been well received and has great feedback from many elementary schools here on Maui. The purpose of this program is to help youth learn how to better cope with physical, emotional and social issues they will face as they grow up. The program will also provide participants with information and skill building opportunities to assist them in making healthy and responsible decisions in the future. The program is presented in an age appropriate, user-friendly fashion. The program will be presented by Nancy Findeisen, Health Educator Maui.

Topics covered will include:

- Puberty Changes – Prepare for and recognize changes, both physical and emotional;
- A discussion of the different male and female organs and their functions

We hope that you will be involved in this program and talk to your child about what s/he has learned. Please email Nancy Findeisen at [nfindeisen@pphi.org](mailto:nfindeisen@pphi.org) if you have any questions about the program.

Please fill out the form below to indicate if you DO or DO NOT want your child to participate in this program.

Thank you.

**Tuesday, 10/16/2018**

5<sup>th</sup> and 6<sup>th</sup> Year Girls: 8:30am to 9:30am

5<sup>th</sup> and 6<sup>th</sup> Year Boys: 9:40am to 10:40am

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I DO want my child, \_\_\_\_\_, to attend the Positive Puberty Program

I DO NOT want my child, \_\_\_\_\_, to attend the Positive Puberty Program

Signed: \_\_\_\_\_ Date: \_\_\_\_\_