

Dear Grade 5 Parents and Guardians;

February 2018

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 Sherbrooke Academy. 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
- 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 **Fridays February 16 and 23, 2018**. Following these sessions, two optional, question and answer sessions will be held on the lunch hours in the library. The optional **Girls ONLY** session will be held **Monday February 26** and the **Boys ONLY** session will be on **Wednesday February 28**. Students' questions will be answered with a respect for their developmental level.

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, impart family values, and give perspective to the content covered in school. Research has shown that many 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

Nurse Clinician - School Health

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