

Los Gatos Union School District  
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**Diana G. Abbati, Superintendent**

January 2012

Dear Parents:

Between March 2012 and the end of the school year, fifth grade teachers will be presenting the Growth and Development during Puberty unit to their classes. Emphasis is placed on promoting a healthy attitude toward the human body through understanding of its growth and development. On the reverse of this letter is an outline of the fifth grade curriculum.

You are invited to attend an informational meeting to learn about the content of the course and to see the materials and DVDs used. There will be a discussion period following presentation of the materials with time for questions. The meeting will be Monday, February 13, 2012 beginning at 3:30 pm in the Van Meter cafeteria.

Student participation in the Growth and Development program is voluntary. If you prefer that your child be excused from this program, please complete the bottom portion of this letter and return it to your child's teacher.

Sincerely,

Marla Rodriguez  
Assistant Superintendent, Administrative Services

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I prefer that my child, \_\_\_\_\_, be excused from the fifth grade Growth and Development unit.

\_\_\_\_\_  
Child's Name (Please Print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
School

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

## **GRADE 5 GROWTH AND DEVELOPMENT COURSE OUTLINE**

### **A. GROWTH AND DEVELOPMENT**

1. Newborn Infant
2. Years from 1-5
3. Adolescence and Growth

### **B. PHYSICAL AND PSYCHOLOGICAL CHANGES AT PUBERTY**

1. Physical Changes
  - 1.1 Endocrine System
  - 1.2 Secondary Sex Characteristics
    - 1.2.1 Female
    - 1.2.2 Male
  - 1.3 Female Reproductive System
    - 1.3.1 Anatomy
    - 1.3.2 Menstruation
    - 1.3.3 Ovulation
    - 1.3.4 Menopause
  - 1.4 Male Reproductive System
    - 1.4.1 Anatomy
    - 1.4.2 Erection
    - 1.4.3 Nocturnal Emission
    - 1.4.4 Production of Sperm
2. Psychological Changes