



Dear Harmony Families,

The health and well-being of children in our community is our paramount concern. In addition to academic progress, our children are growing and changing socially, emotionally, and physically. As children approach puberty, their awareness of the many changes occurring both within themselves and within their peers, demands the support and attention of parents and caregivers to help them through this important developmental moment. It is important that we are ready to provide sensitive and accurate information, reassurance of their unfolding self, and helpful understandings and practices to improve their safety and well-being along the way. Therefore, every year our students in grades 3 through 8 are offered health presentations by the West County Health Clinic on puberty and sexual health.

These presentations progress in content.

In 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade, the curriculum focuses on the fundamentals of reproduction, puberty and early adolescent development, and important elements for healthy social relationships during this time.

In 7<sup>th</sup> and 8<sup>th</sup> grade, information developed in earlier years are extended in a comprehensive sex education curriculum that complies with State education requirements.

It is important for parents and guardians to understand the scope and approach of the content being presented at Harmony. In addition, it is important for the school and health presenter to offer support to parents and guardians as they work through these changes in their children. A child's growth benefits most from parents and caregivers that are prepared to handle the questions and situations that may arise for their children along the way. To this end, Harmony is hosting a Parent Night on Tuesday January 4, at 6:30 pm with the West County Health Clinic presenter to discuss supporting children through adolescence. This event will provide a snapshot of the curriculum that will be discussed in different grades and give parents and care providers the opportunity to share ideas and strategies with each other to best support our children.

Though presentations for students only occur in grades 3-8, parents from any grade are invited to attend as the information is helpful for parents who want to be ready for their younger children, or for parents working with teens already in high school.

Information on the schedule of classes and permission slips will follow shortly. The zoom link for the parent evening is below. We look forward to seeing you there.

<https://us06web.zoom.us/j/84395165482?pwd=OG5IU1VLVWFOVWkwWkY2aU1CcUVkQT09>

Warm regards,

A handwritten signature in black ink that reads "Matthew Morgan".

Matthew Morgan  
Superintendent – Principal