



**Penn Manor School District**  
**Health Services**  
**PO Box 1001, Millersville, PA 17551-0301**

Dear 6th Grade Families:

One of Penn Manor School District's goals is to meet the needs of students in our ever changing society. In the next few months, our sixth grade students will be receiving important information about puberty and the immune system including HIV/AIDS in accordance with Pennsylvania State Laws. The goals of the programs are to present up-to-date information and to emphasize the importance of healthful living. The programs are presented separately. The puberty lesson for girls will be taught by the Certified School Nurse and the lesson for boys will be taught by the Health and Physical Education teacher. The immune system lesson will be taught on a different day by the Certified School Nurse. Written materials will be used and sent home for follow-up discussion and as a reference for your child. We are asking that you review this information that your child brings home. These classes will be conducted for all sixth grade students. The basic content of both programs is reviewed below.

**Puberty Presentation:**

- Physical and emotional changes of puberty
- Self-esteem
- Hygiene
- Nutrition and exercise
- Videos "*We're Growing Up*" and "*A Baby is Born*"

**Immune System Presentation:**

- Differences between viruses and bacteria
- How your body fights illnesses
- Definition of HIV/AIDS
- Video "*The Puberty Workshop: HIV and AIDS*"

The DVDs and complementary materials will be available for parent preview in your child's school. Contact the school nurse to make arrangements if you wish to preview the materials prior to February 28th.

If you would like to have your child excused from either topic, please notify the school nurse in writing no later than February 28th.

For any questions please contact your school nurse.

Central Manor	717-872-1401 ext 3202
Conestoga	717-872-9535 ext 3502
Eshleman	717-872-9540 ext 3602
Letort	717-872-9530 ext 3032
Martic	717-284-4128 ext 3402
Pequea	717-464-3831 ext 3802
Hambright	717-872-9503 ext 3702