



PARAMOUNT UNIFIED SCHOOL DISTRICT

**GREAT THINGS ARE HAPPENING IN PARAMOUNT SCHOOLS**

# 5th Grade Growth and Development Instruction



**Board of Education Meeting  
February 26, 2018**

Dr. Ruth Pérez, Superintendent  
Deborah Stark, Assistant Superintendent, Educational Services  
Kelly Morales, Facilitator of Instructional Improvement



# Purpose of Presentation

- Provide an update on the plan for implementing new growth and development lessons that align to the California Healthy Youth Act, AB 329 in grade 5.
- Provide information on the *Puberty Talk* growth and development lessons and how they connect to California's Health Standards.



## Why is there a need to provide 5<sup>th</sup> grade health education?

- Currently, health education in PUSD begins in middle school (7<sup>th</sup> grade).
- Research shows that puberty takes place at an increasingly earlier age; there is a need to provide basic information about human growth, reproduction, and development beginning in fifth grade.



# Why is it important to provide growth and development education?

- Technology provides adolescents with access to a wide range of information pertaining to their development. As a result it is critical that the information they receive is medically accurate.
- Parents may feel uncomfortable discussing growth and development topics with children. The law requires that schools provide students with honest, age-appropriate information they need to make good choices.



# Grade 5 Growth and Development Committee

Purpose	Curriculum	Representatives
<p>In December, a committee of 5<sup>th</sup> grade teachers, science lead teachers and a District nurse reviewed materials that align to the California Health Framework as well as criteria stated in the California Health Youth Act.</p>	<p>The Committee recommended the program <i>Puberty Talk</i>.</p> <p>The Committee selected this curriculum because it offers high-quality puberty education that is medically-accurate, age-appropriate, and aligned to the State Health standards.</p>	<p>Jennifer Nyugen, 5<sup>th</sup> grade, Collins</p> <p>Crystal Olmos, 5<sup>th</sup> grade, Hollydale</p> <p>Maggie Barrera, 5<sup>th</sup> grade, Jackson</p> <p>Richard Brand, 5<sup>th</sup> grade, Lincoln</p> <p>Maria Gutierrez, 5<sup>th</sup> grade, Los Cerritos</p> <p>Gabriela Romero, 5<sup>th</sup> grade, Mokler</p> <p>Eric Varela, 5<sup>th</sup> grade, Roosevelt</p> <p>Megan Rumbolz, 5<sup>th</sup> grade, Tanner</p> <p>Cheri Lujan, 5<sup>th</sup> grade, Wirtz</p> <p>Kelly Covarrubias, TAP representative</p> <p>Joni Knapp, District Nurse</p> <p>Kim Cacpal, Science Curriculum Specialist</p>





# Growth and Development Grade 5 Health Standards

- Describe the human cycle of reproduction
- Explain the structure, function, and major parts of the human reproductive system
- Identify the physical, social, and emotional changes that occur during puberty
- Differentiate between reliable and unreliable sources of information about puberty

*Health Framework for California Schools, Grade 5*



## 5<sup>th</sup> Grade Growth and Development Lessons

Three lessons will be provided to students who participate:

Lessons	Topic	What Students Learn
1	Introduction to Puberty and Reproductive Anatomy	<ul style="list-style-type: none"><li>• Set rules for creating a safe space to talk about growth, development and reproduction</li><li>• Establish a process for asking questions about these topics</li><li>• Define proper terminology and describe the functions of our bodies' reproductive anatomy</li></ul>
2	Reproduction	<ul style="list-style-type: none"><li>• Describe the biological process of human reproduction</li></ul>
3	Puberty	<ul style="list-style-type: none"><li>• Understand how students experience physical, social, and emotional changes during puberty</li><li>• Provide tools for students to take ownership of personal care and hygiene</li></ul>



## Participation in Growth and Development Lessons

- Parents have the right to excuse their child from all or part of the growth and development unit.
- If a parent chooses *not* to have their child participate, they are required by law to notify the school in writing.
- Students who do *not* participate in the lessons will be provided an alternative assignment by the school.





## Implementation Timeline

*January, 2018*

- Share parent informational materials with DELAC

*February, 2018*

- Meet with Committee to review and receive input on parent informational materials
- Submit curriculum for adoption
- Provide schools with parent informational materials

*April, 2018*

- Mail parent notification letters to parents of all 5<sup>th</sup> grade students—*Letter includes information on:* parent informational meeting, opportunity to review material, and option to have students not participate
- Provide professional development for all 5<sup>th</sup> grade teachers and staff involved in the delivery of lessons
- Sites send parents invitation to informational meeting

*April-June, 2018*

- Schools provide instruction in growth and development lessons
- Educational Services conducts a survey of 5<sup>th</sup> grade teachers and principals to receive feedback
- Share survey results with principals and Committee