



November 12, 2020

Dear Parents and Guardians,

My name is Kate Greenberg, and I am the Director of School Health Solutions, a health education program serving schools in New York City. I am looking forward to working with your child next month as they learn about the physical, emotional and social changes of puberty. This is my fifteenth year facilitating this curriculum in New York City, and I am looking forward to working with the Reece community again this year.

Topics that will be taught and discussed during the four 45-minute sessions:

- Hormone changes during puberty
- Breast development
- Development of pubic, body and facial hair
- Voice changes
- Hygiene, body odor and acne
- Menstruation and ovulation (the menstrual cycle)
- The female reproductive system
- Male reproductive organs (and the role of semen and sperm in reproduction)
- Erections and nocturnal emissions
- Human reproduction
- Mood swings, feelings of sadness or loneliness, anger, and other emotions
- Feelings of attraction
- Concerns about feeling “normal”
- Wanting more independence and/or privacy

Thank you for giving me the opportunity to teach your child this important material. I assure you that my priority is to make sure your child feels comfortable and safe discussing these topics, especially in a virtual environment. We will be using Zoom to conduct these sessions. Students will have the opportunity to ask and answer questions using the *Chat* feature on Zoom, and those questions and answers will only go to me as the *Host*. I will then relay those questions or answers to the group without using the student’s name. If possible, please allow your child to use a private space during these sessions so that they are as comfortable as possible discussing topics that can feel sensitive. I will be hosting a Zoom workshop for parents and guardians to discuss the puberty program on **Wednesday, December 2 at 7:00 PM**. I hope you will join me to learn more and to ask questions. The Zoom link will be sent out via email a few days prior to the meeting.

Sincerely,

Kate

Kate Greenberg, M.A., C.H.E.S.

Director and Educator, School Health Solutions