

January 21st, 2025

To: Fifth Grade Parents

RE: Human Growth and Development Lessons

Dear Fifth Grade Families,

As part of the Webster Groves School District health curriculum, physical education/health teachers will share Human Growth and Development information with students. We will have co-ed classes and one separated class (lesson 1) for our Human Growth and Development unit. Students will be separated based on how they identify. Separation allows students to ask more specific questions related to their own development.

Our primary goal is to provide accurate information to ensure our students are physically and emotionally safe. The classes will cover the developmental changes occurring during puberty (emotional and physical changes), female puberty changes, and male puberty changes. Below, you will find a link to the video that will be shown during the Human Growth and Development lessons in the co-ed classroom setting.

Class Video: Always Changing and Growing Up-Co-Ed Puberty Education Video

Families do have the option to opt-out of these lessons. Please contact your child's school for an opt-out form if desired. All opt-out requests need to be turned into your child's school before February 3. Lessons will take place between February 3 and March 21.

If you have any questions or concerns, please feel free to contact us.

Thank you for your support and cooperation,  
Webster Groves School District  
P.E. & Health Instructors