



PUBLIC SCHOOLS

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Principal
Sherry Ma

Assistant Principal
Jennifer Sheehan

Dear Parents/Guardians of Fifth Graders:

We are pleased to inform you that Heather Simonson from Growing Up Healthy will be speaking with you and your child during our annual “Growing up Healthy” presentation. There will be a series of scheduled evening discussions for parents and children both together and separately. Growing Up Healthy prepares children to successfully navigate their transition through puberty and help them to embrace change as a normal, natural part of growing up as they emerge into adulthood.

The first presentation will be for parents only, followed by a session for girls and their parents, and a session for boys and their parents. During the initial meeting, Ms. Simonson will provide you with valuable information about the Growing Up Healthy Program. She will discuss ways in which you can effectively respond to your child’s questions and concerns while encouraging ongoing parent/child communication, so that you feel comfortable and prepared to know what to expect from their Growing Up Healthy experience.

The parent/child evening presentation is designed to provide an opportunity for your child to better understand and be more prepared to handle the facts, feelings and concerns related to physical growth and maturation while fostering stronger communication. The presentation will give your child an opportunity to have his/her questions answered honestly in a safe and comfortable environment. Through interactive, fun-filled activities, your child will unlock the mysteries of the physical and emotional changes of puberty.

Please see the schedule below:

Thursday, March 9, 2023

Joint Parent Meeting for East Hills & Harbor Hill at East Hills Auditorium 7:00 pm

Wednesday, March 15, 2023

East Hills School Girls 6:00-7:30 pm at East Hills Auditorium

East Hills School Boys 7:45-8:45 at East Hills Auditorium

If you have any questions or concerns, please don’t hesitate to contact us.

Sincerely,

Sherry Ma
Principal, East Hills School