



Roslyn Public Schools

East Hills School 400 Round Hill Road Roslyn Heights, NY 11577
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Melissa Krieger
Principal

Nichole Lewis
Assistant Principal

PLEASE NOTE REVISED DATES

Dear Parents of Fifth Graders:

We are pleased to inform you that Heather Simonson from Puberty Pride will be speaking with you and your child during our annual "Growing up Feeling Fine" presentation. There will be a series of three scheduled evening discussions for parents and children both together and separately. Puberty Pride 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 an evening for girls and their parents and then an evening for boys and their parents. During the initial meeting, Ms. Simonson will provide you with valuable lessons and personal values about puberty and growing up. 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 Puberty Pride 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. All presentations will be held in the East Hills Auditorium.

March 7, 2018	Parent Meeting	7:00 – 8:15 p.m.
March 22, 2018	Fifth Grade Girls' Maturation Night	6:00 – 7:15 p.m.
March 22, 2018	Fifth Grade Boys' Maturation Night	7:30 – 8:45 p.m.

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

Sincerely,

Melissa Krieger

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