



Parent Education Meeting April 14, 2016

Robyn Johnston with an enrichment update – one more year of enrichment so will need to pass off next year. Great job to do with lots of support from the school. Should be split up in 2-3 roles. One person to do promotion, (email, website, Facebook) one person registration and other research for instructors and classes. Extremely exciting to see how many kids are signing up. Wanting to put the word out to see who would be interested in helping. Put information on PTO website. Also good support from the district for programs. Spread the word!

We will put on Facebook page to promote.

Ariel Massey – dance.

Friday night is the dance on Earth Day. DJ, lights, photo booth, 5<sup>th</sup> graders doing bake sale.

Need volunteers for tables.

Dr. Putney pediatrician discussing puberty

Your child is more nervous that you are discussing the topic.

Really think about the information that you are giving your children and not giving them more information than what they are asking or than they can process.

See the attached power point presentation of Dr. Putney's presentation.

Questions?

What age do you start talking about puberty? Don't want them to be completely in the dark but every child is different. Once they start developing, time to talk.

When do you start talking about sex? When they ask you. Unless you think they are precocious wait until they are interested.

When should you stop seeing the opposite parent naked? When it bothers them. You will know when they are uncomfortable with it.

5<sup>th</sup> grade puberty talk

3 sessions –1<sup>st</sup> session with classroom teachers talking hygiene part (boys and girls)

2<sup>nd</sup> session – break up to boy talk and girl talk – how the bodies develop. Define sexual intercourse and abstinence. Refer a lot of questions to home.

3<sup>rd</sup> session – Nurse comes in to discuss HIV and AIDS. This session is viewable prior to when it is taught.

Use anatomically correct names for body parts.



5<sup>th</sup> grade activities for next year.

Heather Shepard will be communicator for 5<sup>th</sup> grade families with the board. She will email anyone interested in helping with 5<sup>th</sup> grade activities. Everyone that is interested must be invited to the meeting.

They will get together to see what fund raising needs to be done, and what needs are for fundraising. The Board cannot determine how much money is going to be given for the 5<sup>th</sup> grade until after the jog a thon. Last year the board authorized \$1,000 for 5<sup>th</sup> grade. They went over-budget so there is no rollover money for next year's 5<sup>th</sup> grade.

Lots of opportunities for fundraising if 5<sup>th</sup> graders are willing to do it.

Up until two years ago Mountain School was not funded by the district so BIG fundraising happened to pay for that. Those funds were earmarked entirely for the 5th grade and excess (which there usually was) carried over to the following year's class which in turn did fundraising etc. Mountain school then became funded by the district. The 5th graders still did fundraising to pay for their party/t shirts etc. For example, the cake walk at the Fall Festival and the Bake Sale at the dance were funds raised by 5th grade for 5th grade. Each year 5th grade committee's are told that they will need to fundraise and this is the first year they have chosen not to. The amount of money carried over from the Mountain school fundraising has finally ran out. The PTO did give \$1000 to the 5th graders to spend on their end of year festivities as the committee saw fit. Unfortunately, as this year's class was larger than previous years, the yearbooks went significantly over that \$1000 they were given. The PTO voted to go ahead and cover that overage and gave an additional amount of funds to do so. So yes, it is indeed true that funds are now depleted, however, as we have done every year including this year, the PTO absolutely plans on once again contributing to our next year's 5th grade class. Because there is no "carry over" it is also true that if 5th graders wish to do more than our typical amount, there will need to be fundraising. Again, the "norm" is for there to be fundraising (bake sale, cake walk, ice cream socials, poinsettias, coffee sales all done by past 5th grades), the only thing that has changed is that there is no carry over.

As a board, we can never promise funds that are not there. In no year have we been able to rightly and justly say with certainty that we will give a certain amount prior to the jog a thon. We do our budget meeting and say exactly what we would like to give to the 5th graders along with every other line item. We of course prioritize each item keeping the PTO goal of bettering each student academically at the heart of these discussions. We fully plan on giving the 5th graders money again but obviously can only say that money is coming with certainty after the jog a thon funds come in. This has always been the case. We budget, then when funds come in we answer requests according to our budget. The jog a thon has historically done very well and as long as it continues to do that well, there will be no issues. It is also important to remember that the Jog a Thon also funds teacher stipends, the library, Raz Kids, Accelerated Reading, field trip scholarships (a larger amount than people think), playground equipment, the science van and a whole slew of other activities and interests that benefit our entire school, 5th grade included. We have heard from parents of children in younger grades that they don't feel they should put a lot into fundraising for the jog a thon if a big chunk goes to benefit one grade in a non academic fashion. Our goal is to try to spend those funds in a way that all parents, students and teachers feel best helps our whole school.

There are also much larger classes this year.



Some parents are thinking of just funding for 5<sup>th</sup> grade activities and not the jog a thon. They can do this but this would impact the other things that the jog a thon does fund.

Meeting adjourned

Heather Calloway

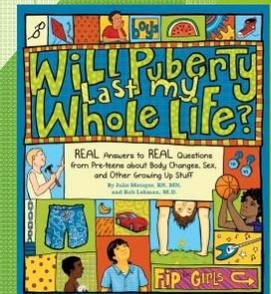
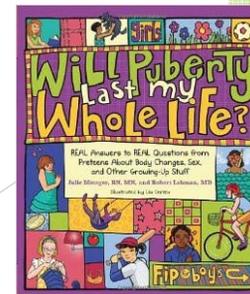
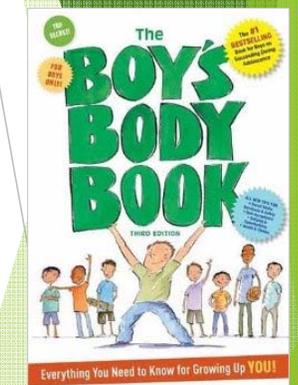
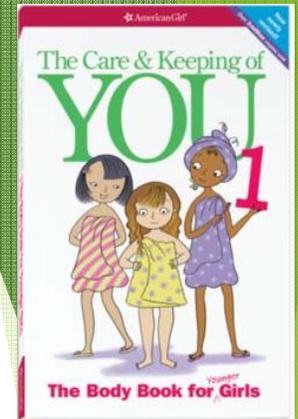


# Puberty

Lessli Putney, MD

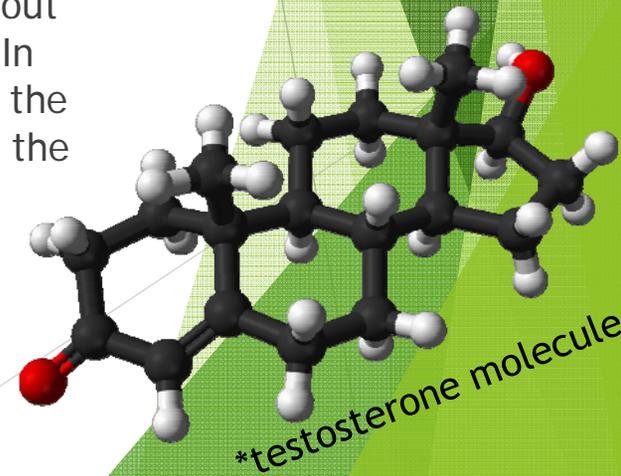
# Puberty Books/Resources

- ▶ Consider attending “Great Conversations” Seminar with your child
  - ▶ [www.greatconversations.com](http://www.greatconversations.com) for information about available classes (classes are hosted in Bellingham, Everett and the greater Puget Sound area). They also have a Facebook page where they post best practice parenting ideas
  - ▶ Classes are divided into one for boys and one for girls - classes are for preteens and adults
  - ▶ The class includes a copy of the book: Will Puberty Last My Whole Life? by Julie Metzger, RN, MN and Robert Lehman, MD
  - ▶ All the questions they’ve ever been asked and how they answered- flip the book from Girls to Boys side
- ▶ The Care & Keeping of You 1 - The Body Book for Younger Girls (American Girl Doll Company)
- ▶ The Boy’s Body Book - Everything You Need to Know for Growing Up You



# Hormones of Puberty

- ▶ Puberty starts anywhere between 8 and 13 years of age and it ends when they achieve their adult height and size, around age of 15 to 17 years
- ▶ Most people begin between the ages of 10 and 14 years, girls beginning on average about 2 years before boys (the timing is determined by heredity - so your children will likely be around the same time you were)
- ▶ The pituitary gland, deep inside the brain, starts the process. It sends out hormones to our sex organs to get them to start making sex hormones. In girls, the hormone Estrogen (produced by your ovaries), causes most of the changes of puberty. In boys, the hormone is testosterone (produced by the testicles).



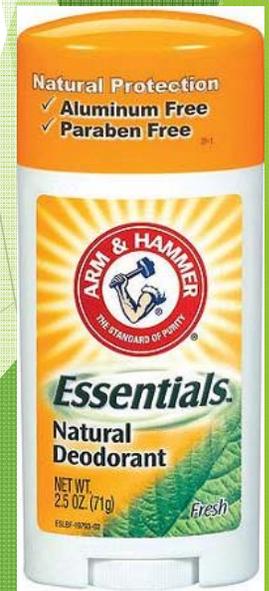
# Puberty continued

- ▶ For girls: This starts the process of getting taller, gaining weight, growing breasts, getting pimples and body odor, growing axillary and pubic hair, and having periods.
- ▶ For boys: This starts the process of making them taller, muscles bigger and stronger, growing first pubic then axillary hair, skin to get oilier, makes the voice box grow longer, thereby making their voice go lower.
- ▶ Body odor is the result of oil and sweat - which are present to help keep us from getting too hot. However, when we produce too much, the bacteria on our skin starts to multiply and feast on that oil and sweat, and it is that bacteria that makes waste products that produce interesting odors. Armpits are particularly bad because they have increased number of glands, and are a nice dark place for bacteria to grow. This also happens in the groin area and feet.



# Hygiene Issues

- ▶ This is the time to start working towards daily showers or bath WITH SOAP
- ▶ Tips include using deodorant (all natural products such as Arm & Hammer or Tom's of Maine) +/- antiperspirant (which contain aluminum to decrease sweating for a while).
- ▶ Acne is the result of overproduction of oil blocking pores. What food you eat, does not affect how many you get - more to do with the genetics!
- ▶ Washing the face with soap and water 1-2 times daily (especially after sports practice) can decrease acne and particularly infected acne
- ▶ Over the counter medication such as benzoyl peroxide 5% spot treatment or face wash with salicylic acid can be useful



# Breast Development



- ▶ Usually the first sign puberty is starting in girls
- ▶ They do not “NEED” to wear a bra, however, it can be helpful for several reasons, including: comfort during sports, changing the way a shirt looks over the top of them, and to help decrease comments from peers
- ▶ Usually takes a few years to fully develop
- ▶ Often asymmetric with one side being larger than the other, starting 1-2 months before the other breast begins to develop. Starts with bump under the nipple that is firm, but mobile. Boys can have this happen too! It’s normal. The good news is that this goes away all by itself in almost all boys when puberty is over
- ▶ Stretch marks on the breast are due to rapid growth or weight gain. They will sometimes go away or become less noticeable. Boys can get these as well.

# Penis Development

- ▶ Usually they will notice the penis growing longer at first, then eventually wider as well. It stops growing around the same time they stop getting taller (~ age 18 years). Nothing they eat or do will make it bigger!
- ▶ Hair will grow in around the penis, testicles will get bigger and the scrotum darker in color
- ▶ Things are different now, with closer to 50/50 split on whether a boy has had a circumcision or not. If they are uncircumcised, they may need reminders to clean **UNDERNEATH** the foreskin during their bath or shower. Slide the foreskin back as much as it will go comfortably, clean underneath with fresh water without soap, and then let it go back where it was.
- ▶ Occasionally one testicle can be larger than the other, and almost always one hangs lower than the other. This is normal. However, if there is a significant size discrepancy, they should see a doctor



# Erections

- ▶ Erections happen when special nerve endings around the penis are touched in a certain way, signaling special openings in your penis to fill with blood, causing the penis to get bigger, harder and point upward. When boys go through puberty, the whole thing gets super sensitive, and almost anything can make the penis erect, including thinking sexual thoughts. This can eventually lead to ejaculation (called “wet dreams” when they occur during sleep)
- ▶ They tend to happen a lot during puberty, but get easier to control as boys get older. Most boys figure out ways to carry books to help cover up these surprise erections!

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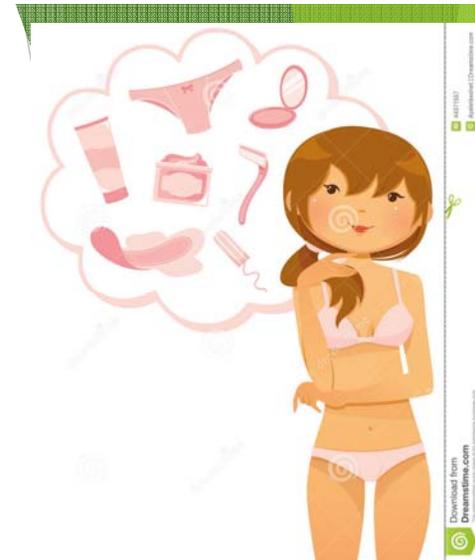
# Body Hair

- ▶ No they DON'T have to remove it! In fact, in many cultures, they do not remove it all. So really, there is no "right age" to start removing body hair
- ▶ If they so choose, it can be removed with shaving, waxing or lotions
- ▶ Supervision initially might be helpful to prevent injuries, ingrown hairs/infections. Use something to lubricate the skin instead of shaving dry
- ▶ Replace razor blades frequently



# Periods

- ▶ The last new thing that happens with puberty in girls
- ▶ The period is composed of the released egg from the ovary and the breakdown of the lining of uterus that build up in anticipation of receiving a fertilized egg
  - ▶ Usually 1-2 tablespoons of blood
  - ▶ The whole process is called your menstrual cycle
- ▶ Impossible to predict exactly when it will first happen, though usually tends to be when close to full adult height.
  - ▶ Lean girls, whether tall or short, tend to be later.
  - ▶ Most girls do not have menses until after they have developed pubic hair
- ▶ Menses generally is preceded by white sticky discharge on their underwear for several months leading up to their first true period
- ▶ Average age is around 12 years (range from 9 years up to 14 years or later)
- ▶ Typically the period lasts 4-7 days (Call your doctor if it lasts longer than >10-14 days, if they have more than 2 periods in a month or if they have heavy bleeding with their very first period)



# Managing Your Period

- ▶ Very first one can be very dark red or brownish in color
- ▶ It will show up on clothes if not managed, due to the dark color
- ▶ Most people use pads initially. How frequently they're changed depends on how heavy the bleeding is and how absorbent the pad is!
- ▶ Tampons are an option, but some young girls can struggle with insertion because their hymen may still be intact, making the opening very small. Remember, if it is inserted correctly, it should NOT hurt
- ▶ General recommendation is to change the tampon every time they use the bathroom or at least every 4 hours
- ▶ I encourage girls to start carrying an "emergency kit" with necessities such as a pad, hygienic wipes and fresh underwear in a ziplock in their school backpack starting when they have developed a denser patch of pubic hair.
- ▶ However, let your child know that if it happens and they aren't prepared, it's not an emergency. They can seek the assistance of a trusted adult (such as a teacher or school nurse). Be creative by having them tie a sweatshirt around their waist or have them hold a backpack or book behind them if they feel like they have leaked through their clothing. They can use toilet paper to make a temporary pad to line their underwear.



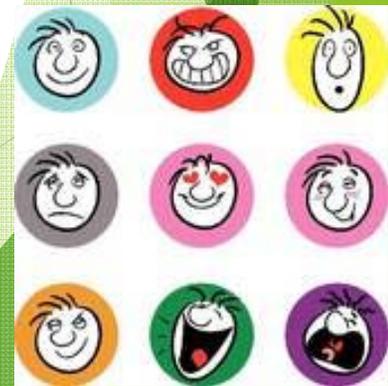
# Symptoms Associated with Menses

- ▶ Sometimes - none
- ▶ However, others can experience headaches, lower backache, upset stomach, sensitive breasts, or cramps in the uterus. Rarely nausea and vomiting
- ▶ Staying active, exercising and stretching can help relieve most of these symptoms. Remember to hydrate and eat healthy. Adequate sleep is very important for your overall health
- ▶ Putting something warm on the lower back or lower belly can help
- ▶ Talk to your doctor if symptoms prevent them from doing activities they enjoy



# Moods

- ▶ When your child is overwhelmed, quiet or even kind of shaky, try to help encourage them to label their emotions - such as "mad", "frustrated", "discouraged", "sad", "disappointed" or "embarrassed". This helps lead them on to finding solutions for these emotions
- ▶ Sometimes writing in a journal can be helpful, to give them a place to describe how their body feels and the situation that made it feel that way - again helping them find a solution for their emotions/feelings
- ▶ Encourage them to talk with a trusted person - which may not always be mom or dad
- ▶ Sometimes when things reach a crisis level, it is important for parents to take a "time out". Don't tell your child "I just can't talk to you when you're like this" .... Instead, say "I need to go change the laundry" and walk away. This gives you both a chance to cool down and re-think what was so important in your own mind that you couldn't hear the other person's perspective. Often times this results in an apology or solution when clear thinking can be obtained as tempers cool



# Mood Swings

- ▶ Think of this as the hormones responsible for puberty adding to the excitement our brains feel when we have emotions, “almost like turning up the volume on a radio”
- ▶ This is the period when their brains form connections that help them learn how to manage their feelings when we make decisions - “while our bodies are under construction, our brains are under construction too!”
- ▶ Crying is a helpful part of our communication - it is a physical relief
- ▶ Teasing is a reality - encourage your child to simply speak up or redirect the subject instead of adding to the laughter or the teasing and often it will stop
- ▶ Peer Pressure/Gossiping - very tempting and very unhealthy. Target this early. As you enter the era of social media RULING your child’s life, have a plan.



# Masturbation

- ▶ There are many people who do and many people who don't, boys and girls, young and old
- ▶ It is a choice and generally occurs because it feels good
- ▶ Can be a safe and normal choice for people when it's done in private and in balance with all the other activities in someone's life

*\*All clipart choices were made by Ken. Lessli bears no responsibility for his judgement. 😊*



# A Book Guide

For Pre-Teens and Those who Live with them. By: Great Conversations  
(please see their website for complete list and updates)

## ▶ For All Pre-Teens

- ▶ Will Puberty Last My Whole Life? Metzger, Julie & Lehman
- ▶ It's Perfectly Normal. Harris, R.H.
- ▶ It's So Amazing! A Book about Eggs, Sperm, Birth, Babies & Families. Harris, R.H.
- ▶ Sex, Puberty and All That Stuff: A Guide to Growing Up. Bailey, J. & McCafferty, J.
- ▶ What's Happening to Me? Mayle, P.

## ▶ For Girls

- ▶ This is Me - A Journal for Girls. Metzger, Julie
- ▶ My Body, My Self for Girls. Madaras, L. and Madaras, A.
- ▶ Period. Loulan, J.

# A Book Guide - continued

## ▶ For Girls, continued

- ▶ The Care and Keeping of You: The Body Book for Girls. Schaefer, V.
- ▶ The Feelings Book: The Care and Keeping of Your Emotions. Madison, L.
- ▶ The Period Book: Everything You Don't Want to Ask (But Need to Know) Gravelle, K.
- ▶ What's Happening to My Body? Book for Girls. Madaras, L.
- ▶ Puberty Girl. Movsessian, Shushann

## ▶ For Boys

- ▶ Boy's Guide to Becoming a Teen. American Medical Association, Middleman, A.
- ▶ My Body, My Self for Boys. Madaras, L. and Madaras, A.
- ▶ What's Going on Down There?: Answers to Questions Boys Find Hard to Ask. Gravelle, K.

# A Book Guide - continued

## ▶ For Boys, continued

- ▶ What's Happening to My Body? Book for Boys. Madaras, L.
- ▶ Puberty Boy. Price, Geoff

## ▶ For Parents

- ▶ Getting to Calm AND Wise Minded Parenting. 7 Essentials for Raising Successful Tweens and Teens. Kastner, Laura
- ▶ Girls Will Be Girls: Raising "Confident and Courageous Daughters. Deak, J. and Barker, T.
- ▶ How Can You Say That: What to Say to Your Daughter When One of You Just Said Something Awful. Lynch, A., Ashford, L.
- ▶ Raising an Emotionally Intelligent Child - The Heart of Parenting. Gottman, J.

# A Book Guide - continued

## ▶ For Parents, continued

- ▶ Real Boys: Rescuing Our Sons from the Myths of Boyhood. Pollack, W.
- ▶ Sex and Sensibility AND Talk to Me First: Everything You Need to Know to Become Your Kids' Go-to Person About Sex. Roffman, D.
- ▶ Why Do They Act That Way? A Survival Guide to the Adolescent Brain. Walsh, D.

## ▶ Online Resources and blogs

- ▶ [www.4girls.gov](http://www.4girls.gov) Girls' health information for preteens
- ▶ [www.siecus.org/\\_data/global/images/guidelines.pdf](http://www.siecus.org/_data/global/images/guidelines.pdf) Developmental guidelines for talking to children about puberty and sexual health
- ▶ [www.kidshealth.org](http://www.kidshealth.org) General health information for kids and teens

# A Book Guide - continued

## ▶ Online Resources and blogs, continued

- ▶ [www.cdc.gov/vaccines/who/teens/vaccines/hpv.pdf](http://www.cdc.gov/vaccines/who/teens/vaccines/hpv.pdf) HPV vaccine information from the Center for Disease Control
- ▶ [teenology101.seattlechildrens.org/](http://teenology101.seattlechildrens.org/) Blog for parenting teens by Seattle Children's
- ▶ Great Conversations - [www.greatconversations.com](http://www.greatconversations.com) - Helping preteens and their families in conversations about Body Changes, Sex, and other growing up stuff.