



Fwd: 5th Grade HGD

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From: **Brogie, Morgan** <aspen-sysadmin@myfollett.com>

Date: Mon, Dec 15, 2025 at 3:09 PM

Subject: 5th Grade HGD

To: <mbrogie@lexingtonma.org>

Dear Parents/Adult Caregivers

Please see the information below regarding the upcoming 5th grade Human Growth and Development sexual health lessons. Linked below are several resources and a copy of the 5th grade parent/adult caregiver presentation. Please feel free to reach out to me if you have any questions, need support or want additional information/resources. Best wishes as you embark on your child's developmental journey through puberty and young adult years!

Take care

Julie

Grade 5 Families

The Health teachers will begin the reproductive and sexual health lessons in the coming weeks. Classroom and health teachers will notify parents/caregivers ahead of those dates.

Your child will participate in 4 thirty minute lessons that will provide factual, age-appropriate information and skills necessary for your child to take personal responsibility for their health and overall well-being.

Why do we teach these lessons?

Preadolescence is an important time for students to receive accurate information about the physical, social and emotional changes of puberty that they are embarking upon. Fifth graders have many

questions and oftentimes have misconceptions about their changing bodies, emotions and relationships. This is also a time when their peer group and media messages are emerging as important sources of information and influence. These lessons were created and have been taught for several years to help combat potentially inaccurate information as well as misconceptions.

The lessons will address age appropriate topics including the bodies ability to reproduce. Lessons are gender inclusive. A strong emphasis is placed on students developing and applying critical thinking skills to real life health issues and challenges.

How will the lessons be taught?

Based on current research and best practices for teaching these lessons are delivered in the individual classrooms to mixed gender groups of students by a trained health education teacher with a classroom teacher/familiar adult in the room. In addition to their health education teacher, students will be encouraged to reach out to any trusted adult in the building or a trusted adult at home if they have any questions or concerns.

What are the goals of the curriculum?

The curriculum provides opportunities for students to learn to interact with all genders in respectful and appropriate ways.

Another goal of this curriculum is to encourage discussion between you and your child about puberty and related sexual health issues. Julie Fenn, Assistant Coordinator of PE, Health and Wellness will be available as a resource. A parent-caregiver workshop will also be offered this spring at our annual Parent-Caregiver Academy on March 14. Look for the announcements coming in January for more information.

Is my child required to attend the lessons?

According to Massachusetts state law, Parents/Guardians have the legal option to request that their child be excused from lessons that address sexuality education. Parents who do not give permission for your child to participate in these important lessons will need to indicate that on the online form. Please see the link below if you wish to opt your child out of these lessons.

Per School Committee policy, students not participating in these lessons will be given an alternative health assignment to work on with you at home. The classroom teacher will make arrangements for the student to go to a separate room during the time that your child's class is participating in the sexual health lessons. If you choose to excuse your child from these lessons, it is important that you consider that your child may talk with classmates who have attended the class since your child may be pondering questions related to the topic. Additionally, they may hold incorrect or incomplete understandings.



If you would like to opt your child out of these lessons please click on the link below to fill out parent notification/student opt out google form before the date your child's class is scheduled to meet. Thank you for your attention to this information and for your support of health education.

[Click on this link: LPS Parent Opt Out form 2025-2026 for 4th & 5th Grade Health Sexuality Lessons](#)

If you would like any support or reading materials to assist you with this important conversation, please contact Julie Fenn, Assistant Coordinator of PE, Health and Wellness (email: jfenn@lexingtonma.org) and she would be happy to assist you.

Sincerely,

Julie Fenn

Assistant Coordinator of PE, Health and Wellness

Eamonn Sheehan

Coordinator of PE, Health and Wellness

Parent-Caregiver Resources:

[2025-2026 Parent-Caregiver Presentation and Overview](#)

[Talk With Your Kids Timeline](#)

[Askable Parent-Caregiver Handout](#)

[Parent/Adult Caregiver Resource List: Puberty and Sexuality Education](#)