

# A Girl's Guide to Growing Up

## Puberty Class

**Saturday, March 15**  
**Grades 4 - 6**  
**Parent/Daughter class**

### Class Objectives:

- For girls to understand normal growth and development, including the physical and emotional changes that happen during puberty.
- Learn about the anatomy and physiology of the human reproductive system and human reproduction.
- Learn about the menstrual cycle, what to expect during a period, and how to manage it.
- How to maintain a healthy body through personal hygiene, healthy living, and making good choices.
- To assist parents in communicating the right information to their children as they enter puberty.



**Saturday, March 15**  
**10 a.m. - 12 noon**

**The Bear Creek School**  
**Band Room**  
**Redmond Campus**

**Cost: \$15 per parent/daughter**

Questions?

Contact Angela Burch at (425) 898-1720 or [aburch@tbcs.org](mailto:aburch@tbcs.org).

## Registration Form

Parent Name: .....

Student Name: ..... Grade: .....

Parent Email: .....

Please return this form with payment to the main office at your campus by Thursday, March 13.