

Omaha Public Schools – Human Growth and Development Opt In Form Elementary School – Grade 5

In 2016 the Board of Education of the Omaha Public Schools District approved updated content standards for Human Growth and Development for grades 4th – 8th and 10th. This permission form is used to inform and gain signed opt in/opt out of parents/guardian of the elementary curriculum (4th – 5th grade and/or 6th grade) which is taught by the school nurse. Boys and girls will be in separate classes for instruction. **Please note:** parents/guardians may opt out of certain lessons and are asked to indicate on the permission portion below. Check “yes” for any and/or all lessons you would like your child to participate; and/or, check “no” for any/or all lessons you would not like your child to participate. A parent/guardian is to also sign below and return to the classroom teacher. If you have any questions about the lessons, please contact your child’s School Nurse.

Your written permission is required for your child to participate.

5 th Grade	Schedule Period	Yes (Opt In)	No (Opt Out)
Lesson 1: <i>Describe how a proper diet and exercise are important to good health.</i>	Lesson taught sometime in mid-November – mid-December		
Lesson 2: <i>Identify physical changes during puberty.</i>	Lesson taught sometime in mid-November – mid-December		
Lesson 3: <i>Explain ways to manage emotional changes during puberty.</i>	Lesson taught sometime in mid-November – mid-December		
Lesson 4: <i>Describe how blood-borne pathogens are transmitted and how they can be prevented.</i>	Lesson taught sometime in mid-November – mid-December		

Omaha Public Schools

(Student’s first and last name)

(Student’s Number)

School Year: _____

School: _____

Parent/Guardian Signature: _____

Date: _____