

# Nurse Newsletter

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## Human Growth & Development Instruction 5-6<sup>th</sup> Grade

Recent updates to Iowa Code 279.50 have introduced new requirements for human growth and development instruction in schools. As part of these changes, students in 5th and 6th grade will receive age-appropriate instruction that now includes a short educational video on human development during pregnancy.

This content is designed to support students' understanding of growth and development in a respectful, factual, and age-appropriate way. As always, families will be notified in advance of instruction, and parents/guardians have the option to review materials and opt their child out if they choose.

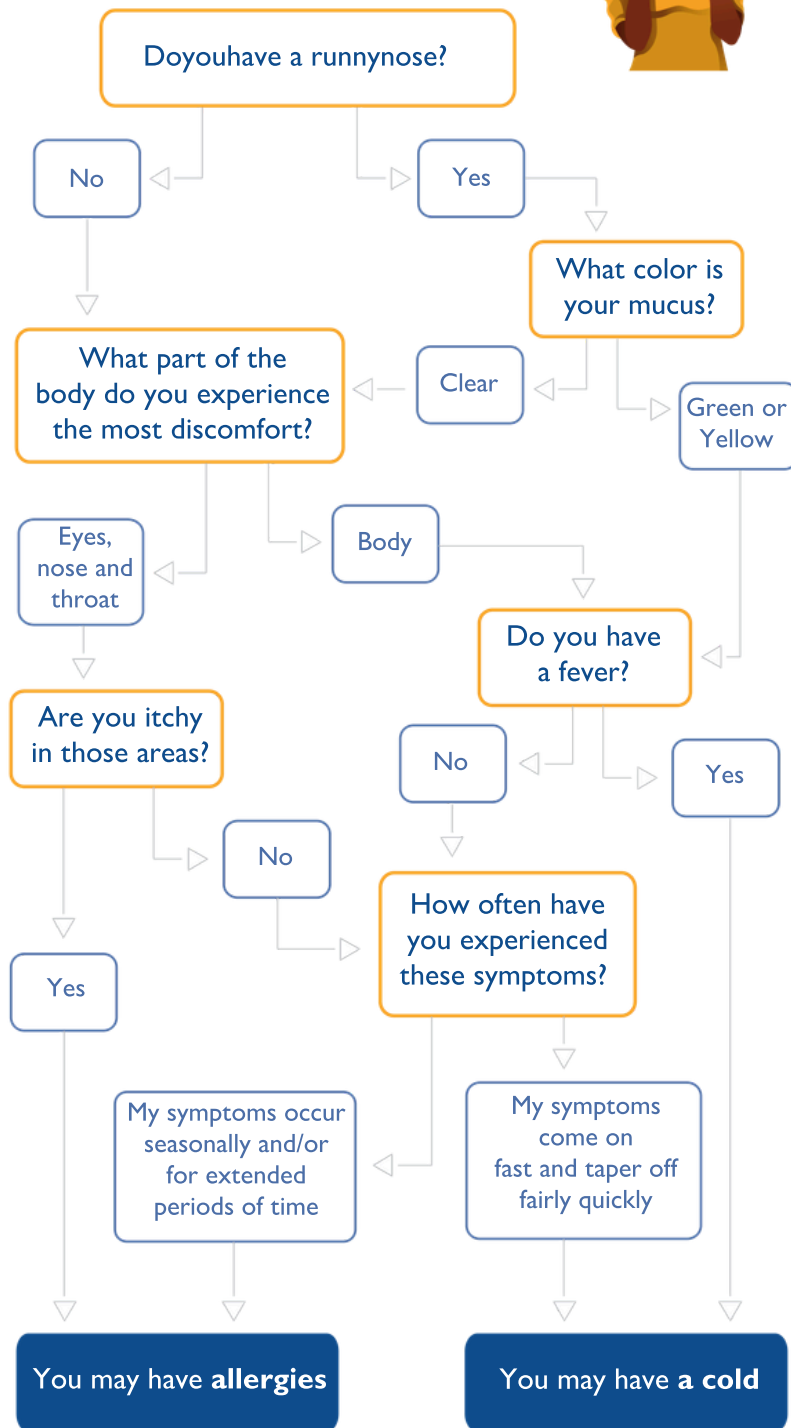
## Spring Weather Reminder

As we transition from winter to spring, temperatures can change quickly throughout the day. Please help your child come prepared by dressing in layers and wearing comfortable shoes for active days. Don't forget to send a water bottle daily—staying hydrated is important as the weather warms up! On sunny days, applying sunscreen before school is also encouraged to help protect skin during outdoor activities.

## Upcoming Events

- 5<sup>th</sup> Grade maturation, human growth and development, and cellphone/social media safety April 17th.
- 6<sup>th</sup> Grade human growth & development April 24th

# ALLERGIES OR A COLD?



## CALL YOUR DOCTOR IF

- Your symptoms last longer than two weeks.
- Your symptoms worsen or you develop new symptoms, as you could have another type of infection.
- You have a sore throat or fever higher than 100 degrees for longer than three days.
- You're experiencing intense chest pain and shortness of breath.