



GIRL TALK

SAA SPEAKER SERIES

THURSDAY, SEPTEMBER 22
IN THE DLC
GRADES 5 & 6

TOPIC:
WOMEN'S HEALTH &
HYGIENE



Mrs. Nina Gardner, SAA-SDS Nurse and PNW transplant to the south, will speak to the girls about Women's Health & Hygiene. Prior to coming to SAA-SDS Nina was a stay at home mom for three years and 12 years prior was a nurse at Regional One Health in Memphis.

What is a period? How do I know it's starting? What can I expect physically? Emotionally are there any changes? What does hygiene look like once I've started my cycle? How do I know what size pad to use? If my friend started in 5th grade and I haven't, is there something wrong with me?

Nina will use the above questions, received by the 5th & 6th grade girls, to guide her discussion. The goal is give the girls confidence about their changing bodies and to encourage them to ask for support at school when needed. If you do not want your daughter to attend, please let Mrs. Dedmon know by Sept. 16.

We also encourage you to attend Bodies In Progress- an evening for girls and their mothers. It is important to keep the conversations around women's health and our changing bodies going!