



ST. PAUL SCHOOL

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Human Growth and Development Parent Evening

May 5, 2026 – 7:00 to 8:30 PM

Dear Gr. 4 to 7 Parents,

We are all aware that parents are the first teachers of their children, and helping children form a healthy understanding of human relationships and sexuality through the lens of our Catholic faith is of significant importance. It is normal for parents to have some discomfort when talking about such issues, therefore our goal is to allow you, the parents, the opportunity to learn about the topics that directly relate to your children at this time, and in the teen and young adult years to come. In turn, you can then pass along the information to your children with the knowledge and confidence that you are guiding their development into young adulthood with an informed approach, and from the perspective of our faith.

To meet this curriculum requirement, at least one parent from each family is asked to attend our parent evening on **May 5th, 2026**, with [Dr. Julia Sadusky](#). The evening will cover the following:

Human Growth & Development Parent Evening - Dr. Julia Sadusky

Clinical Psychologist Dr. Julia Sadusky will give you the boost of confidence you need as you have foundational conversations about sexuality with your elementary-age children, offering practical tools and compassionate insight to help you:

- *Approach conversations about sexuality and gender with clarity and charity.*
- *Form your children in a Catholic understanding of the human person.*
- *Respond to cultural pressures while fostering trust and openness at home.*
- *Support your child's emotional, spiritual and moral development.*

The presentation will be virtual and will take place in your child's classroom. The presentation is the same in each classroom, so if you have multiple children, just chose one classroom to attend.

Please arrive by 6:55 to sign in. The evening is scheduled to end at 8:30 PM.

The staff of St. Paul's are excited to support you in this important journey, and we look forward to welcoming you on **Tuesday, May 5th at 7:00 pm.**

Yours in faith,

Maureen Griffin.