

Dear Parent or Guardian,

Your teen's health class is studying three body systems: the skeletal, muscular, and nervous systems. Two of the keys to good health are an awareness of how body systems work and understanding ways in which related health risks can be minimized. In health class, we will be examining the structure and functions of each of these three body systems.

Some questions your teen will explore in this chapter include: *What are the different types of bones? How do bones, joints, ligaments, and tendons function together? What are some problems of the skeletal system? How are the three types of muscles in the human body different? How can muscle function and tone be maintained over a person's lifetime? What are some injury-related muscle problems? What are the parts of the nervous system, and how do they function? What is the difference between the central nervous system and the peripheral nervous system? Which areas of the brain control which body functions? What are some major problems of the nervous system? What are the most common degenerative diseases and disorders?*

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Have your teen make a three-day chart of time spent in sedentary activities, such as watching television or using the computer, and time spent in physical activity. Look at the results with your son or daughter and discuss the importance of proper exercise in maintaining the skeletal and muscular systems.
- Ask your teen to explain osteoporosis (the progressive loss of bone tissue). Discuss the role of diet in reducing the risk of developing the disease.
- Ask your son or daughter to explain the nerve sequences involved when a person touches an object.
- Discuss the seriousness of head and neck injuries and the importance of wearing head protection when participating in various physical activities, wearing a seatbelt in a motor vehicle, and always checking for obstacles and the depth of water before diving.
- Discuss the danger of permanent nerve cell damage related to alcohol and drug use.

By working together to increase your teen's awareness of the function and care of the skeletal, muscular, and nervous systems, we can help your son or daughter make positive, healthful choices about his or her body. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health.

Sincerely,

Health Teacher