

Integumentary, Skeletal, and Muscular Systems

Dear Parent or Guardian,

Your teen's health class is studying three systems of the body. During this time, students will learn about the integumentary system, which includes the skin, hair, nails, and sweat glands; the skeletal system, which acts as the body's framework; and the muscular system, which allows the body to move.

Some questions your teen will explore as we study this chapter are: *How does the skin contribute to the body's health? What problems are associated with the skin? What is the function of the skeletal system? How does exercise affect the health of the skeletal and muscular systems? What allows muscles to do their job? What health problems are particular to the muscular system?*

The content of this chapter will introduce your teen to the ways the body systems work together and why they need to be properly maintained. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Encourage your teen to explain how good personal hygiene and a balanced eating style promote the good health of an individual's skin. Together, plan how to include foods high in vitamin A in the family's daily diet.
- Discuss with your son or daughter how proper diet and exercise help maintain the skeletal system.
- Ask your teen to demonstrate stretches that can help people avoid back problems. Remind each other to practice these stretches regularly, especially when you spend long periods of time sitting.

Please plan other activities you think will help your son or daughter care for his or her body systems. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher