

Dear Parent or Guardian,

Your teen's health class is currently studying the two systems of the body that control and regulate body functions. Students will learn that the nervous system is the body's communication network and control center. They will also learn about the endocrine system, which is made up of glands that secrete the hormones that control body parts in specific ways.

Some questions your teen will explore as we study this chapter are: *What are neurons, and how do they function in the body? What is unique about the central nervous system and the peripheral nervous system? How can my lifestyle choices affect the health of my nervous system? What are the major glands in the body, and what hormones do they secrete? What are common disorders of the endocrine system?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your son or daughter to explain the characteristics of thought associated with the left and right sides of the human brain.
- With your son or daughter, review the safety habits—wearing seat belts and helmets, for example—that help prevent head and spinal cord injuries. If appropriate, ask your teen to discuss these safety habits with younger family members.
- Ask your teen why the pituitary is called the master gland. Inquire about the function of this and other glands in the endocrine system.

Please plan other activities you think will help your son or daughter maintain a healthy body. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher