

Your Circulatory and Respiratory Systems

Dear Parent or Guardian,

Your teen's health class is currently studying the systems that move vital substances through the body. The circulatory system transports blood to and from cells. The lymphatic system supports the circulatory system, draining tissue fluid back into the bloodstream and fighting infection. The respiratory system maintains the exchange of gases—oxygen and carbon dioxide—that the body requires for survival.

Some questions your teen will explore as we study this chapter are: *How does the heart function? What are the components of blood? What are common problems of the circulatory system, and what care does the system require to remain healthy? What are the functions and structure of the lymphatic system? What diseases affect the respiratory system?*

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

- If possible, make an appointment to donate blood. Ask your son or daughter to accompany you to the blood bank to observe the procedure and interview the director of the facility.
- Ask your son or daughter to explain the steps teens can take to protect the health of their circulatory and lymphatic systems. Encourage your teen to identify specific habits he or she wants to establish or break.
- With your son or daughter, review your family's favorite recipes. Change recipes that are high in fat into ones that promote a healthy heart. Together, prepare a heart-healthy meal.

Please plan other activities you think will help your son or daughter become aware of the importance of maintaining a strong, healthy body. 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