

Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying body systems. The topics include the nervous system, circulatory system, respiratory system, skeletal and muscular systems, and digestive and excretory systems.

Questions your child will consider include *What are the major parts that make up my body? How does my brain tell my body what to do? What is blood made of? What happens inside my body when I breathe? How many bones does my body have? How long does it take to digest food?* and many others. With your help, your child can explore these questions with confidence and find satisfying answers.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Work with your child to think of good habits you both follow in caring for your own body systems. Talk about how one system affects another.
- Help your child understand the amazing structure of the body. With your child, look in the textbook at the many drawings and diagrams of the different body systems.
- Together, watch an educational television program that spotlights one or more body systems. Talk about what you learned from the program.

Please engage in other activities that you feel will help your child understand and care for his or her body systems. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher