

# Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying communicable and noncommunicable diseases. The topics include causes of communicable diseases, preventing and treating communicable diseases, causes of noncommunicable diseases, and treating and preventing noncommunicable diseases.

Questions your child will consider include *How do I "catch" diseases like colds and flu? How can I keep from getting sick so often? What is the best way to avoid sexually transmitted diseases? What can I do to keep my heart healthy?* 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 follow in avoiding disease. Talk about how these habits affect your total health.
- Talk with your child about sexually transmitted diseases, including AIDS. Discuss ways your child can protect himself or herself from them.
- Share your family health history. Make your child aware of any family history of noncommunicable diseases, such as cancer, heart disease, diabetes, or asthma.

Please engage in other activities that you feel will help your child develop healthy behaviors for avoiding diseases. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher