

## Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is studying the topics of safety and protection of the environment.

Questions your child will consider include *How can I act safely? How can I avoid becoming a victim of violent crime? What are some safety tips for swimming, camping, and winter sports? What do I do for someone who needs first aid? What can I do to prevent pollution?* and many others. With your help, your child can proceed with confidence and find answers that will help her or him make healthy decisions.

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 come up with an action plan for personal safety. Discuss the potential risks in your home. Work together to eliminate household hazards. Talk with your child about possible risks within your community. Discuss ways to remain safe.
- Discuss television violence. Choose a specific violent scene and discuss how the situation could have been handled in real life without violence.
- Start a reduce-reuse-recycle program at home. Have your child lead the effort, explaining to other family members how such a program will benefit the environment.

Please engage in any other activities that you feel will help your child be safe and become environmentally aware. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher