

Dear Parent or Guardian,

In health class, your teen is currently learning about safety and recreation. Specifically, we are studying ways to avoid common accidents and injuries, and ways to eliminate hazards and act safely at home and at school. In addition, we will be taking a look at the importance of safety precautions on the road and outdoors. Then we will identify safety measures to take during weather emergencies and natural disasters. Students will also learn about basic first-aid procedures. We will conclude by discussing the hazards caused by pollution and learn ways to protect the environment.

Some questions your teen will answer as we study these topics include: *What does it mean to be safety conscious? How can I avoid accidents and injuries at school? What should I know about pedestrian safety? How can I avoid injuries outdoors and in the water? What should I do if I am caught in a blizzard or thunderstorm? What should I do to help someone who is choking, poisoned, or burned? What causes air and water pollution, and what can I do about it?*

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 teen:

- Do a home safety check. Identify unsafe areas and/or unsafe habits. Then decide how you want to correct them.
- Talk together about what procedures to follow if there should be a fire emergency at home. Set up and review emergency exits, especially from upper floors. Check to see that all fire and smoke alarms and fire extinguishers are in working order.
- Together, locate and display emergency telephone numbers where they can easily be seen. Numbers may include fire department, police department, and ambulance service. You may also wish to include the telephone numbers of nearby family members or friends to call in case of an emergency.
- The next time you go on a car trip together, review road and outdoor safety precautions. If you are hiking or camping, review the safety precautions you should take.
- Set up a recycling center in your home. If you already have one, check to see if there are ways in which it could be improved.

Please feel free to engage in any other activities you think will encourage your teen to develop a greater appreciation for safety procedures. Remember the old saying: “An ounce of prevention is worth a pound of cure.” Thank you for supporting our classroom work. As always, feel free to contact me for further information.

Sincerely,

Health Teacher