

# Parent Letter and Activities

Dear Parent or Guardian,

Your child has started a new course in health. The “health” that we will be studying means much more than not being sick and being physically fit. Being healthy also means feeling good about oneself and getting along with others. It involves physical, mental/emotional, and social well-being—the three sides of what we call the “health triangle.”

Over the next few weeks, the students will be learning how to balance their health triangle in order to achieve wellness. We are using the term *wellness* to refer to an overall state of well-being. Students will be learning about the need to take responsibility for their own health. We shall explore together ways they can do this—by setting goals for themselves and making careful choices.

Some questions your child will answer as we begin this course are: *What does wellness mean? What do I need to know to be healthy? How can I develop habits to improve my health? How do my decisions affect my health? Why do I need to set health goals?*

Your involvement and participation in your child’s health education is important. Teens take their lead from adults. By showing them good, positive health habits you reinforce what they learn in their health class. To help you do this, I will send you this type of letter for every major topic that we study. In the letter, appropriate activities that you and your child can do together will be suggested. To begin this process, please plan to complete one or more of the following activities with your teenager:

- Ask your child to draw a triangle and explain to you what is meant by a balanced health triangle. Discuss the balance of your child’s triangle and of your own.
- Visit a shopping mall together and do some “people watching.” Encourage your child to observe and comment on people who show healthy characteristics, such as good posture, a happy smile, and so on. Help your teen see that wellness means more than fitness.
- Engage in a healthful activity with your child, such as playing an outdoor game or taking a walk together. Point out how this contributes to emotional and social health as well as to physical health.

Please plan other activities you think will help your child develop and maintain healthful habits. 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