

Parent Letter and Activities

Dear Parent or Guardian,

Your child's health class is currently studying the relationship between the environment and human health. This is a fascinating topic that is particularly timely. Every day, the news is filled with reports of hazardous wastes, chemicals, and pollution that threaten our well-being. By studying the relationship between health and the environment, your child is preparing to deal with critical issues in an informed manner.

Some questions your child will answer as we study this topic are: *Why is a healthy environment important to me? What is pollution? Where does my drinking water come from, and how clean is it? How can pollution affect my health? How does recycling help to save natural resources? What can I do to help conserve energy? What happens to the trash collected at my house? What is radon?* and many others.

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 teenager:

- Working together, conduct a home waste inventory. Identify the types of wastes your household produces, and try to find ways to reduce, reuse, and recycle materials you would normally throw out.
- Assist your teenager in conducting an energy audit of your home. Locate and correct sources of energy loss, such as cracks around windows.
- Enjoy an outdoor activity together, from a walk in the park to a camping trip. Spending time with nature is the best way to appreciate the need to protect it.
- Together, research a local success story, such as a river or lake that has been cleaned up or a recycling campaign that has reduced the amount of solid waste collected in the community. What people or groups were involved in the project? How did they win support?

As always, feel free to engage in any other activities you think will help your teenager develop an appreciation and respect for the environment. Thank you for supporting our classroom work. Please contact me if you want further information.

Sincerely,

Health Teacher