

**Chapter****10****Parent Letter and Activities**

Dear Parent or Guardian,

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

Questions your child will consider include: *How can I act safely in my home, school, and community? How can I avoid being a victim of violent crime? What are some safety tips for swimming, boating, hiking, camping, and winter sports? What should I know about weather emergencies? What do I do for someone who needs first aid? What can I do to prevent pollution?* 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.
- With your child, make a list of telephone numbers that you might need in an emergency. Discuss the purpose and use of the 911 emergency number, if it is available in your community. If not, include local phone numbers for the police department, fire department, and ambulance service. Also include phone numbers of family, friends, and neighbors who could help in an emergency.
- 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