

Chapter**6****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying growth and development. The topics include the skeletal and muscular systems, circulatory system, respiratory system, nervous system, digestive and excretory systems, endocrine system, heredity, and the particular changes that take place during adolescence.

Questions your child will consider include: *What are the major parts that make up my body? How many bones does my body have? What is blood made of? What happens inside my body when I breathe? How does my brain tell my body what to do? How is my food digested? What changes will I go through as a teenager? What determines my physical appearance and abilities?* These are challenging questions. With your help, however, your child can explore them with confidence and find answers that will help him or her grow into a responsible adult. Your participation in this exploration of growth and development is vital.

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.

- Help your child understand the amazing structure of the body. With your child, look in the textbook at the many drawings and diagrams of the body systems.
- Talk with your child about his or her inherited traits. Share stories about relatives who may have some of the same traits as your child.
- Talk in positive ways about the physical and mental changes that you have seen your child go through in the last five years.

Please engage in other activities that you feel will help your child understand the body systems and how he or she is growing and changing. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher