

Chapter**15****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying the major systems of the human body. Over the next few weeks, we will learn about the skeletal, muscular, circulatory, respiratory, nervous, digestive and excretory, endocrine, and reproductive systems. For each system, we will examine the function, parts, and possible problems that can affect it. When appropriate, we shall also look into how to care for the system and keep it healthy.

Some questions your teen will answer as we study these systems are: *What are the different functions of the skeletal system? How do muscles work? What does the circulatory system do? How does my body use the air that I breathe? How can I protect my nervous system from injury? How can I prevent problems of the digestive and excretory systems? How does my endocrine system prepare my body for stress? How can I keep my reproductive system healthy?*

The answers to these questions will help your teen better understand how body systems work and why they need to be properly maintained. This knowledge will also enable your child to work toward wellness as a life goal.

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:

- Incorporate an understanding of body systems into your everyday life. Ask your child to point out, for example, what body systems are being used during a simple activity like sitting down for a meal.
- Ask your child to explain how a particular body system, such as the endocrine system, works.
- Together, create a list of steps you can take to care for each system in your body. For example, regular physical activity strengthens the heart and muscles and helps to keep the lungs working well.
- Have family members learn how to use a good medical reference book to which they can refer when they have a problem with one of the body systems.

Feel free to engage in other activities you think will encourage your teen to develop an appreciation of the body as an integrated system made up of smaller systems. By learning to think of the body in this way, your child will be able to make intelligent, informed health decisions throughout his or her life. Thank you for extending our classroom work.

Sincerely,

Health Teacher