

Grades K-2

FAMILY HEALTH Newsletter

Dear Parent,

Your child will be learning life skills for health in school. Life skills/health goals are actions that promote health literacy, maintain and improve health, prevent disease, and reduce health-related risk behaviors. Life skills/health goals are learned and practiced for a lifetime.

Your child will practice other skills as he or she learns life skills for health. My health lessons are creative and meaningful. They help your child develop skills in art, language arts, visual and performing arts, foreign languages, social studies, math, music, physical education, home economics, and science. They also help your child to become a critical thinker and problem solver, a responsible and productive citizen, a self-directed learner, and an effective communicator. I have included lessons to help your child gain an appreciation of people who are different from your child.

I will teach your child how to make wise choices. I will encourage your child to:

- Make choices that are healthful.
- Make choices that are safe.
- Make choices that follow school laws and school rules.
- Make choices that show you care about others.
- Make choices that follow family rules.

I also will teach your child ways to say NO when she or he is pressured by others to do something harmful, unsafe, illegal, or something that harms others or is against family rules.

From time to time, I will be sending you a Dear Parent Letter. Each Dear Parent Letter will tell you what your child is learning. I also will be sending you a copy of a Health Plan. A Health Plan is a plan that helps your child develop a healthful habit. For example, your child might have a Health Plan that includes brushing and flossing the teeth each day. You can help your child develop this habit. You can go over the Health Plan with your child. You can encourage your child to complete the Health Plan.

I want to work with you to keep your child healthy and safe. Should you have any questions, please write them on the back of this letter. Have your child return the letter to me. I will be in touch with you.

I hope today finds you and your family in good health.

Warm regards,

