

Chapter 14 Parent Letter and Activities

Dear Parent or Guardian,

Your teen's health class is studying three body systems: the skeletal, muscular, and nervous systems. Two of the keys to good health are an awareness of how body systems work and understanding ways in which related health risks can be minimized. In health class, we will be examining the structure and functions of each of these three body systems.

Your student will explore the following topics in this chapter:

- The Skeletal System.
- The Muscular System.
- The Nervous System.

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics: Have your teen make a three-day chart of time spent in sedentary activities, such as watching television or using the computer, and time spent in physical activity. Discuss the importance of proper exercise in maintaining the skeletal and muscular systems. Ask your teen to explain osteoporosis (the progressive loss of bone tissue). Discuss the role of diet in reducing the risk of developing the disease. Ask your son or daughter to explain the nerve sequences involved when a person touches an object. Discuss the seriousness of head and neck injuries and the importance of wearing head protection when participating in various physical activities. Discuss the danger of permanent nerve cell damage related to alcohol and drug use.

Please plan other activities you think will help your teen develop and maintain positive personal health habits. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health.

Sincerely,

Health Teacher

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