

Your child visited the Life Education Center!

Using multi-media and special effects, students were introduced to Ozone, who was trying to put together a body as amazing as ours without messing it all up or forgetting anything vital.

With the help of transparent animated body systems, the students learned not only how each system works as a team to perform a specific job but also how to identify each system in the body.

With the help of TAM, a transparent anatomical mannequin, students were introduced to the problem of alcohol and nicotine misuse and the negative effects they can have on the body. Strategies to refuse peer pressure to use these drugs were introduced through role playing.

Students finished with a game of Jeopardy that reinforced healthy concepts. Also, the mascot, Harold the Giraffe, stopped by for a visit.

Remind your child that as a family you choose:

**"Wise Highs...
Choices You Can
Live With!"**

To reinforce this lesson at home:



Have some fun as a family by answering this question together:

What are two Wise Highs activities you can do after school this week?



To reinforce lessons taught on prescription medicine, check all prescription and over-the-counter medicines in your home and make sure they are in a secure location.

Parent Tips:

1. Model Healthy Screen Time Behavior

Teach your kids how to limit screen time and find healthy alternatives like family game night.

2. Model Positive Social Behavior

Demonstrate healthy relationship behaviors like respect, empathy, and conflict resolution.

3. Model Positive Self-Talk

Demonstrate how to use your words to build yourself up rather than tear yourself down.

4. Model Perseverance

Include your kids in home projects and activities that demonstrate how to work hard to accomplish a goal.

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