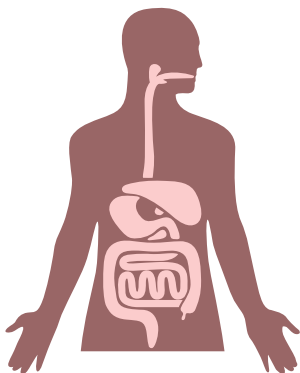




Parents and Guardians of **FOURTH GRADERS**

The Life Education Center
visited your child's school!

The students learned about our amazing body systems and the organs that are a part of each system. They also learned about how each system works as a team to perform a specific job.



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 substances were introduced through role playing.

Students finished with a game of Jeopardy that reinforced healthy concepts.

Ask your child to tell you more!

REMIND YOUR CHILD THAT AS A FAMILY YOU CHOOSE:



To reinforce these lessons 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 medications 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.



**Life Education Center
Pledge for Life Partnership**

Iroquois - Kankakee
I-KAN
Regional Office of Education

Administered by the I-KAN Regional Office of Education in collaboration with the Pledge for Life Partnership

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