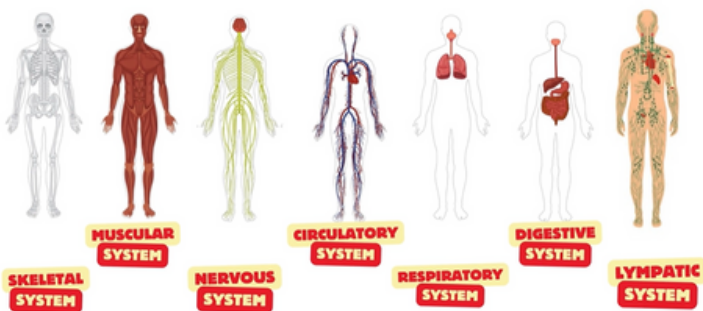




Parents and Guardians of **FOURTH GRADERS**

*The **Life Education Center** visited your child's school!*

- During our visit, students learned about:
 - Our amazing body systems and the organs that are a part of each system
 - How each system works as a team to perform a specific job, and how all systems work together to keep our body functioning
 - Fun body facts
 - Alcohol and nicotine misuse and the effects they can have on the body
 - Strategies to refuse peer pressure



- To review the material learned in the lesson and reinforce healthy concepts, students played a game of Jeopardy!
- At the end of the lesson, the Life Education Center mascot, Harold the Giraffe, visited to say hello.

Ask your child to tell you more!

**REMINDE 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.



For more resources, please visit us at
www.pledgeforlife.org



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



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