



HOME CONNECTIONS

Second Grade - Your Health/My Health

Dear Parents and Guardians,

Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy choices now and in the future.



Lesson Highlights

Key Learning Adventures:

This week your student learned about the importance of their health as well as their peers' health. Your student learned the vocabulary word "allergy". Allergies to pollen, mold, or certain foods impact us all in different ways. It is important for children to understand allergies and their impact on themselves and/or others. This helps to build empathy and compassion toward others as well.



Why it Matters

Children are at a higher risk due to their developmental stage, as they may not fully understand their allergies or health needs and may not be able to communicate their symptoms effectively.

Beginning to learn and understand these concepts at a younger age will help protect their health, as well as the health of their friends and family.



Conversation Starters

Ask your student if they know of anyone in their life who has an allergy or special health need.

Ask your student how they might show empathy/compassion toward someone who has an allergy or health need.

Discuss with your student the importance of finding help if they or someone they know is having a severe allergic reaction or health concern.



Parent Resources

Emily's Hope Substance Use Prevention Curriculum

<https://emilyshopeedu.org/>

Emily's Hope Parent Resources

<https://parents.emilyshopeedu.org>

Emily's Hope website

<https://emilyshope.charity/>