



HOME CONNECTIONS

Fourth Grade / My Body

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's focus was to deepen their understanding of their own body. Throughout the curriculum, your student has learned the importance of having a healthy heart, lungs, and brain. During this lesson, they learned key functions of additional body organs and how they support the healthy functioning of their body. The liver, kidney, bladder, stomach, and thyroid are some of the key body organs that were reviewed with your child this past week.



Why it Matters

Learning about different body systems helps children understand how their bodies work, which empowers them to take better care of themselves through healthy choices like exercise and good nutrition. It also builds self-awareness and body autonomy, helping them communicate needs when they are ill and feel more confident and in control of their physical selves.

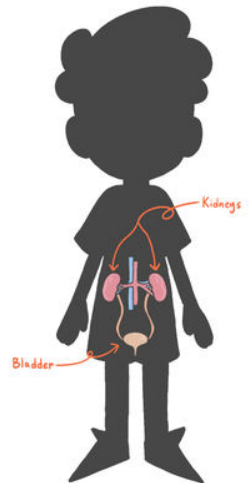


Conversation Starters

Have your student to share with you where their kidneys are located in their body. (rear abdomen).

Ask your student to share with you the key function of their liver. (blood filtration and detoxification of harmful substances in the body).

Ask your student which body part helps regulate hormone growth and development (thyroid).



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/>