

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 power of their own brain. Our brain is a fascinating web of components that tie into the function of our body. Each component has a specific role to play in keeping us healthy. Like our lungs and heart, it is important to exercise our brains by learning and keeping them healthy, especially as we continue to grow and mature.



Why it Matters

Exercising the brain is important for children because it enhances cognitive skills like memory, focus, and problem-solving, which are important for learning. Additionally, it helps regulate mood, reduce anxiety, and build self-confidence, contributing to overall mental and emotional well-being.



Conversation Starters

Using their own words, have your student explain how their brain ties into the rest of their body.



Together with your student, list out healthy ways to keep their brain healthy. Adequate sleep, nutrition, and continued learning are all great examples.



Ask your student about examples of risky behavior that can impact the health of their brain.



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/>