

Introducing **THE GREAT BODY SHOP**

Date: Date goes here

Dear Family Member:

We are delighted to introduce you to THE GREAT BODY SHOP, the comprehensive health, substance abuse and violence prevention program your child will be participating in this year. This program will help your child learn more about his or her own body and how to take care of it. The success of the program requires a team effort, involving you, your child, the teacher, and members of the community.

This is how it works:

Children will receive their own copies of THE GREAT BODY SHOP Student Issue for all units. The topics include nutrition, illness prevention, drug and alcohol prevention, and safety, among others. Each unit contains information to help your child understand his or her own body, the way it works, and the best ways to keep it healthy and safe. The teacher will discuss each unit of THE GREAT BODY SHOP in depth with the students throughout the month and will guide them in skill-based activities to reinforce the lessons contained in each unit.

At the end of every unit, your child will bring home the Student Issue, which includes a Family Bulletin. The Family Bulletin will give you suggestions on how to reinforce at home each topic your child has learned about in the classroom. If your child is in Kindergarten, he or she will also bring home a CD of 10 songs. Please help them to learn and understand the lyrics by listening to the songs together.

There is also suggested reading for you and your child in the student material. In addition, each unit contains Parent/Child and Family Activities. These are designed to be done at home by you and your child together, signed, and returned to the school. These activities will help keep you aware of what your child is studying and are intended to spark discussion.

If we all act as a team to reinforce the messages of THE GREAT BODY SHOP, this program can go a long way toward helping your child make the kind of decisions about his or her body that will keep him or her healthy, safe, drug free, and ready to meet the challenges of the future.

Sincerely, Name goes here

