



High School

Home Connection

Balancing Your Body Budget

Dear _____,

I'm excited to share that your student has been learning about the importance of maintaining a balanced "body budget" to ensure overall health. They discussed how to keep track of essential health factors, such as eating a balanced diet, drinking enough water, exercising, and getting sufficient sleep. The lesson highlighted that inadequate sleep can lead to various health issues and emphasized the importance of 8-10 hours of sleep for teenagers, as their bodies are growing and changing significantly during this time.

Please discuss this question with your student: How much sleep do you get every night, and what can you do to ensure you get enough sleep? This will help reinforce the importance of sleep and encourage healthy habits.

Please do not hesitate to reach out with any questions or concerns.

Best,
