Dear Parent:

Our class is participating in *Too Good for Drugs*, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills.

Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

Today we learned that one way to have a great day is to help someone. Studies suggest that children who have opportunities to help or contribute in meaningful ways are less likely to become involved with tobacco, alcohol and other drugs. They are also more likely to lead successful, satisfying lives.

Please help to teach your child this important skill. Invite your child to look at the pictures on the chart below and say how each picture shows helping others. Ask your child to set a goal to help others at home by circling one of the pictured tasks. Post the chart on your refrigerator. Show your child how to check each day as s/he completes the task. When the chart is complete, invite your child to color in the starburst "I did it!" Sign the chart and have your child return it to school.

Thank you for helping to teach your child that we are all "Too Good for Drugs."
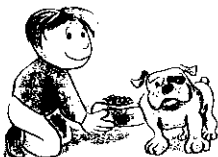
Sincerely,

My goal is to help others at home:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

_____
Child's Name

_____
Parent's Signature

I Did It!

Home Workout

for Parents and Kids

We are learning about our wonderful bodies and how to take good care of them so they will last a lifetime. Please help your child by doing the following activity.

Directions: (1) Use a crayon to circle three healthy things you do for your body every day—or almost every day. (2) Invite your child to circle three healthy things s/he does using a different color crayon. (3) Discuss with your child other ways to keep our bodies healthy.