

Banneker School
Middleburg, Virginia
March 5, 1954

Mr. O. L. Emerick
Division Superintendent
Loudoun County Schools
Leesburg, Virginia

Dear Mr. Emerick:

The PTA of Banneker School is sponsoring a Health Program Tuesday,
March 9 at 8:00 P.M.

We would be very pleased to have you witness this affair if your
schedule permits.

The arrangements concerning the order of the program are not com-
plete, so I am sending one of our news letters that we sent the parents
so you may get an idea as to the nature of the program.

Hoping it will be possible for you to attend, I am

Sincerely yours,

Fred E. Drummond

Fred E. Drummond
Principal

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NEWS LETTER

Banneker School
Middleburg, Virginia

Dear Parents:

This newsletter is to inform you of a health program to be held at the Banneker School Tuesday, March 9 at 8:00 P.M. This program is sponsored by the Parent Teachers Association with the theme, "Health as a Factor in Community Living."

Some highlights of the program will be:

1. A discussion on Home and Personal Sanitation of the Elementary Child by Dr. Charles Souder, County Health Doctor.
2. A discussion on the Causes, Cure and Prevention of some of the most common childhood diseases by the County Health Nurse.
3. A discussion on School Attendance as a Health Factor by the County Visiting Teacher.
4. Skits on health by various classes of Banneker School.

Bus service will be provided from the Marshall Street Community Center for those persons without available means of transportation. The school bus will leave the Center promptly at 7:30 P.M. and will return at the conclusion of the program.

As the school cannot solve all the problems in the field of health education, co-operation between the school and the community is imperative. In view of this situation, we have prepared an attached sheet of suggestions to aid you in helping your child in his program of healthful living.

We sincerely hope that this list of suggestions will arouse your interest in the health program to the extent of asking questions while we have these prominent health authorities in our audience.

Again we urge your presence at this highly informative program.

Yours for a better Barneker,

Fred E. Drummond, Principal

Gurley Wanzer, P T A President

P.S. Admission Free

Banneker School
Middleburg, Virginia

Home And School Co-operation In The Health Program

Home And School Work Together

It has long been a familiar saying that the "home and school must speak the same language" if the educational program of the school is to be of greatest value to boys and girls. This statement is particularly true when applied to the program of health education. When the parents and teachers know each other, the child enjoys a feeling of greater security and happiness. He can talk freely at home and at school about his experiences in each place because his parents and teachers are friends.

The Broad Scope Of Health Education

The health education program more than any other phase of education, is concerned with each child's development and maintenance of a sound, healthy body, and with building desirable attitudes and practices for healthful living. These attitudes and practices are related to the physical, mental, emotional, and social phases of health, many of which will vitally affect, and may determine, the individual's way of life for many years to come.

Suggestions For Parent Participation

The following suggestions indicate ways in which you can participate in helping your child in his program for healthful living at home, at school, and in the community. Each suggestion is based on the health concepts he is learning at school. Your co-operation will help to accomplish the goals of your child's program for total health.

1. Consider the saying, "No learning is accomplished until it is put into practice." Co-operate with your child in his health program by making it possible for him to put into practice the health knowledge he gains from day to day.

2. Help your child establish good eating habits - to eat the proper kinds and amount of food, and to eat regularly.

3. Encourage your child to think things through for himself; to plan his duties and activities to save time and effort; to think carefully to make wise choices and decisions. Give recognition of effective thinking and wise decisions.

4. Help and guide your child in forming cheerful, friendly, healthy attitudes toward other people.

5. Help your child to find interest and satisfaction in his work and play and thus form a healthy attitude toward it.
6. Help your child to develop self-control.
7. Make it possible and desirable, not compulsory, for your child to participate in the activities of your family, to share in the duties and responsibilities and also in the planning and enjoyment of these activities.
8. Stimulate your child's appreciation of his home surroundings. Be receptive to his suggestions for changes or improvements. Help him develop pride and satisfaction in his home and family life.
9. Help your child to get pleasure and satisfaction from his own achievements and through these rewards learn to appreciate the achievements of others.
10. Urge your child to share the responsibility for having a complete physical examination as often as he needs it.
11. Impress upon your child the importance of following the physician's advice and instructions.
12. Encourage your child to pay particular attention to the care of his teeth and his vision and hearing. This care should include regular examinations.
13. Lead your child to respect and obey the laws of his school and community and country by gaining his respect and obedience to rules which he fully understands the need for and has possibly shared in making in the home.
14. Co-operate with the health department and health agencies in your community in their efforts to furnish you adequate health facilities. Help your child to become acquainted with the facilities available through these agencies.
15. See that your child gets plenty of vigorous outdoor exercise followed by the proper amount of rest and relaxation.