

**August 30, 2010**

**Dear Parent or Guardian,**

**Your child's eighth grade health class will be studying nutrition during his/her first few weeks of class. As part of this curriculum, we'll learn about healthy eating habits. Obesity has become a highly publicized national health issue, and as a result, we strive to promote healthy practices and awareness of ways to maintain a healthy body.**

**"Super Size Me" is a video which addresses obesity and eating disorders. Montgomery County Public Schools has approved an edited version of this video to be shown in conjunction with the nutrition unit. Since it is rated PG, parent permission is required for your child to view this video. Please contact your child's health education teacher if you have any questions at 301-469-1150. We know that this movie is a valuable part of your child's Health Education experience. The video contains not only factual information concerning proper eating habits, but also leads students to make healthy choices and sound decision.**

**Thank you,  
The Cabin John Health Education Department**

**\_\_\_\_\_ I give my son/daughter permission to view "Super Size Me"**

**\_\_\_\_\_ I do not give my son/daughter permission to view "Super Size Me"**

**Parent/Guardian: Signed \_\_\_\_\_**

**Parent/Guardian: Name \_\_\_\_\_**

**Phone Number \_\_\_\_\_**

**Student Name \_\_\_\_\_**

**PLEASE RETURN THIS FORM BY FRIDAY, SEPTEMBER 24, 2010**