

Dear Parents and Guardians,

As the school nurse, I am committed to ensuring the health and well-being of your child. This letter aims to share important health education information that can help support your child's overall wellness.

Health Topics of Focus:

- Nutrition and Healthy Eating Habits
- Physical Activity and Exercise
- Mental Health Awareness
- Preventative Care and Immunizations
- Safety Practices (e.g., hygiene, injury prevention)

Upcoming Health Workshops:

Please join us for our upcoming health workshops where we will discuss these topics in detail:

- **Nutrition Basics:** January 15, 2024, at 6:00 PM
- **Mental Wellness for Kids:** February 10, 2024, at 6:00 PM
- **Staying Active:** March 5, 2024, at 6:00 PM

Resources:

For more information, please check the following resources:

- [CDC Nutrition](#)
- [Mental Health Resources](#)
- [Healthy Kids](#)

If you have any questions or concerns, please do not hesitate to contact me at [Insert Phone Number] or [Insert Email Address]. Thank you for your commitment to your child's health!

Sincerely,

[Your Name]
School Nurse
[School Name]