

Back-to-School Safety and Wellness Tips

Dear Parents and Guardians,

As we prepare to welcome our students back to school, we want to share important safety and wellness tips to ensure a smooth transition.

Safety Tips

- Remind your children to use crosswalks and look both ways before crossing the street.
- Implement a buddy system for walking to and from school.
- Discuss the importance of reporting any suspicious activities to a trusted adult.
- Review the school's safety protocols and emergency procedures.

Wellness Tips

- Encourage a healthy breakfast to kickstart their day.
- Promote regular handwashing to prevent the spread of germs.
- Remind students to stay hydrated and to bring water bottles to school.
- Discuss the importance of a balanced diet and exercise.

Thank you for your continued support in keeping our children safe and healthy as they return to school. If you have any questions or concerns, please do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title]

[School Name]

[Contact Information]