

Essential Back-to-School Health Tips for Parents

Dear Parents,

As we prepare for another exciting school year, it's important to prioritize our children's health and well-being. Here are some essential tips to ensure your child stays healthy and ready to learn:

1. Regular Health Check-ups

Schedule a check-up with your pediatrician before school starts to ensure your child is up to date on vaccinations and overall health.

2. Healthy Eating Habits

Encourage a balanced diet rich in fruits, vegetables, and whole grains. Prepare healthy snacks for school lunches.

3. Adequate Sleep

Establish a bedtime routine that allows for 7-9 hours of sleep each night to help your child stay alert and focused in class.

4. Physical Activity

Encourage daily physical activity like sports, walking, or biking to keep your child active and healthy.

5. Mental Wellness

Support your child's emotional health by talking openly about their feelings and helping them manage stress during the school year.

By following these tips, we can help our children have a successful and healthy school year. Thank you for your commitment to their well-being!

Sincerely,
The School Health Team