

Dear Parents and Students,

As the new school year approaches, it's important to establish healthy habits that will promote success both academically and socially. Here are some tips to help you prepare:

1. Balanced Nutrition

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

2. Regular Sleep Schedule

Ensure that students get enough sleep. A consistent bedtime routine can help them feel more rested and ready to learn.

3. Physical Activity

Incorporate physical activities into daily routines, whether it's walking to school, participating in sports, or playing outside.

4. Time Management Skills

Teach kids how to manage their time effectively, balancing homework with leisure activities.

5. Open Communication

Encourage open discussions about school life, friends, and any challenges they may face. This creates a supportive environment.

Wishing everyone a successful and healthy school year!

Best regards,

Your School Wellness Team