

Classroom Wellness Guidelines

Dear Students,

As we strive to create a positive and healthy environment in our classroom, please adhere to the following wellness guidelines:

- Practice good hygiene by washing your hands regularly and using hand sanitizer.
- Stay hydrated by drinking plenty of water throughout the day.
- Maintain a balanced diet by bringing healthy snacks and meals.
- Participate in physical activities during breaks to stay active.
- Respect each other's personal space and practice kindness at all times.
- If you're feeling unwell, please inform a teacher and stay home to recover.

By following these guidelines, we can ensure a happier and healthier classroom for everyone. Thank you for your cooperation!

Sincerely,
Your Teacher