

# Family Communication



August 8-14

## National Exercise with Your Child Week

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Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)! This week is National Exercise with Your Child Week. Good health is a family affair and starting young is the key to developing good habits. Let's be honest. How much exercise do you get? How about your parents? Siblings? Would you like to get your family motivated to be more active?

If so, you will have the opportunity to learn more \_\_\_\_\_ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other \_\_\_\_\_

National Exercise with Your Child Week is a great opportunity to go on a walk, take a new exercise class or go to the gym with your kids! Watch the videos about stress management and coping skills with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information