

Family Communication



August

National Wellness Month

Dear Eagle (Insert School Name or Mascot Here) Family,

Your children's health and wellness are important to us at _____ (insert school name here) and August is National Wellness Month! Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, achieve our goals, and take good care of our brain!

It is important to learn techniques to stay healthy in six areas of our lives including: emotional, academic, physical, social, intellectual, and spiritual. Your children 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 _____

We encourage you to celebrate wellness this month with your children. National Wellness Month offers an opportunity to learn how each of your family members can take the best care of themselves as possible. Take it easy when adjusting back to school, go on a walk, meditate, exercise, or just relax with family for a day. Get more information on the KnowYourNeuro.org website and watch the video *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