

Morning Announcements



August 8-14

National Exercise with Your Child Week

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 your counselor, teacher, or nurse
- During the 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 _____