

# Family Communication

## November 14

### National Family PJ Day

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

Good morning Eagles (insert school name or mascot here)! This upcoming November 14th is National Family PJ Day! Family unity is important to us here at \_\_\_\_\_ (Insert Name of School). Feeling connected to family is protective for children and helps reduce the chances of engaging in risky behavior. National Family PJ Day gives us the opportunity to create family unity, connection, and fun!

So, Eagles (insert school name or mascot here), we will be hosting a 'Wear Your Pajamas to School Day' or a 'Pajama Party' on \_\_\_\_\_ (day of the week). We challenge your family to host a PJ day with your family at home! You and 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 [www.KnowYourNeuro.org](http://www.KnowYourNeuro.org) website
- Other \_\_\_\_\_

Learn more about the things you can do as a parent to protect your child's brain development and reduce their chances of engaging in risky behavior. Get more information about increasing executive functioning skills like empathy at [www.KnowYourNeuro.org](http://www.KnowYourNeuro.org).

For questions or more information, please contact me.

School Official's Signature and Contact Information