

Letter Encouraging Healthy Habits

Dear Parents,

As part of our health and wellness initiative, we are encouraging all families to participate in a school-wide program promoting nutritious eating and daily physical activity. Small steps at home, such as balanced meals and active play, can significantly improve students' energy and focus. We kindly request your support in reinforcing these habits at home, which will contribute to a healthier, happier school community.

Thank you for your cooperation.

Sincerely,

[Teacher's Name]

[School Name]

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