

Dear Parents/Guardians

Good personal hygiene plays a critical role in promoting a positive self-image and reinforces healthy habits. We encourage these good hygiene strategies at school and encourage you to do the same at home.

The following are examples of good DAILY hygiene practices:

- Shower or bathe every day or every other day.
- Wash hands ALWAYS after:
  - o using the restroom
  - o before and after eating,
  - o playing out doors
  - o Touching animals.
- Wash hair daily or every other day.
- Use deodorant or antiperspirant at least once a day.
- Brush teeth twice a day and, preferably, floss daily.
- Wear clean/unsoiled clothes every day
- Wear clean socks and underwear every day.
- Maintain your general health through exercise, plenty of rest and good nutrition

Please contact me with any questions or concerns. Thank you for your time and attention to this matter.

Sincerely,