

Subject: Quick classroom hygiene reminders

Hi everyone,

As part of keeping our school a healthy place, I wanted to share some quick, easy hygiene tips that you (and your students) can use in lessons. These are especially useful at this time of year when bugs spread fast.

Top hygiene reminders:

- **Handwashing matters;** 20 seconds, soap and water, especially before eating.
- **Catch it, bin it, kill it;** tissues in the bin straight away, or use the elbow if needed.
- **No sharing;** bottles, snacks, or equipment can spread germs quickly.
- **Wipe down desks & devices;** germs linger on surfaces more than we realise.
- **Lead by example;** students copy what they see, so quick handwashing demos go a long way.

Even small reminders in the classroom make a big difference to reducing sickness and keeping everyone well.

Thanks for helping to keep our students (and ourselves!) healthy.

Best,

[Your name]

[Your job title]