

# Keep Young Brains Healthy and Strong



## PRINCIPAL'S MORNING ANNOUNCEMENT SCRIPT

### Notes for Principal:

- Total reading time: Approximately 2 minutes
- Consider wearing something superhero-themed (cape, mask, etc.) if video announcements.
- Added fun: Play superhero theme music before and after the announcement

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### Good morning, [School Name] students and staff!

Today is a very special day at our school because we're all becoming **Brain Safety Superheroes!**

Did you know that your brain is an amazing superpower? It helps you think, learn, remember, move, and do everything you enjoy. Just like superheroes protect their special powers, we need to protect our brains every day.

As you walk through the halls today, you'll notice our colorful Brain Safety Superhero posters. These posters remind us all about the important ways we can keep our brains safe.

In your classrooms today, your teachers will lead special Brain Safety Superhero activities. You'll learn how to protect your brain during different activities like riding bikes, playing sports, and swimming.

Each of you will receive a special Brain Safety Superhero sticker today. When you wear this sticker, it means you've made a promise to protect your brain and help others protect theirs too.

Here are three quick Brain Safety Superhero tips to remember:

- Helmets are like special force fields can help protect your brain! Wear a helmet when riding bikes, scooters, or skateboards.
- Buckle up every time you ride in a car. Seat belts, booster seats, and car seats keep you safe during car rides.
- If you bump your head, always tell a grown up right away. Your teachers, grown ups at home, and school nurse are here to help.

Remember, we only get one brain, and Brain Safety Superheroes know how to keep it protected!

Thank you for being Brain Safety Superheroes, [School Name] students!  
Let's have a safe and super day



**Be a Brain Safety Superhero!**  
Scan for more info.