

NEWSLETTER

*Whole School. Whole Community.
Whole Child.*

#05 | June | 2021



National Safety Month

June is National Safety Month! As summer begins, let's remember to stay safe in all things we do.

Bicycle Safety

Top Tips for Staying Safe

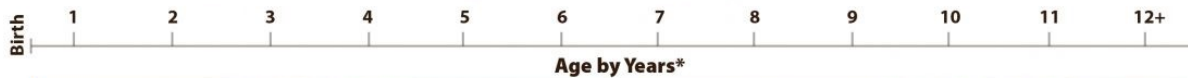
1. Wear a properly fitted helmet. It is the best way to prevent dangerous head injuries.
2. Ride on the sidewalk when you can! If not, ride in the same direction as traffic as far on the right-hand side as possible.
3. Use hand signals and follow the rules of the road. Be predictable and make sure you are riding in a straight line and not swerving.
4. Wear bright colors and use lights, especially when riding at night or in the morning. Reflectors on your bike and clothes can help you be seen.
5. Ride with your children. Stick together until you are comfortable with your child riding on their own.

The image shows a three-step guide for fitting a bicycle helmet. Each step is numbered in a blue circle and includes a photograph of a child wearing a blue helmet and a text description.

- 1**  **Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.
- 2**  **Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.
- 3**  **Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Car Seat Safety

Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth until age 2—4

Buckle children in a rear-facing car seat until they reach the maximum weight or height limit of their car seat. Keep children rear-facing as long as possible. Never place a rear-facing car seat in front of an active air bag.



FORWARD-FACING CAR SEAT

After outgrowing rear-facing seat and until at least age 5

When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat until they reach the maximum weight or height limit of their car seat.



BOOSTER SEAT

After outgrowing forward-facing seat and until seat belts fit properly

Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. Proper seat belt fit usually occurs when children are 4 feet 9 inches tall and age 9-12.



SEAT BELT

Once seat belts fit properly without a booster seat

Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under properly buckled in the back seat.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height and weight limits, and proper seat use.*

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.
www.cdc.gov/motorvehiclesafety/cps



CS317117

Cooking Corner



- Clean— always wash your food, hands, counter, and cooking tools.
- Separate— keep raw foods to themselves. Germs can spread from one food to another.
- Cook— be sure you are cooking food to the correct temperature
 - Beef/Pork/Lamb: 145 F | Fish: 145 F | Ground Beef: 160 F | Poultry: 165 F
- Chill— put food into the fridge within 2 hours of cooking or purchasing.

As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#), for assistance. We would love to hear from you!

