

NEWSLETTER

Whole School. Whole Community.

Whole Child.

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Summer Safety

Summer is here and schools will be dismissing for break soon! This means warm, sunny, pool & beach days are right around the corner. Stay healthy and safe all summer long by following the water safety tips below.

What is water safety and why is it important?

It only takes a second for someone to drown. Have you ever checked a text or zoned out for a second? In that small amount of time, something tragic can happen if a swimmer goes unnoticed. Drownings can be prevented by knowing how to make water safety a priority.

**Reach or throw,
don't go!**

If someone is in trouble in the water, throw them a life preserver. Never go in!



 American Red Cross

Follow these rules when swimming:

- Be a "water watcher," this means watching your children with no distractions
- Stay with your children, even if a lifeguard is there
- Teach your child to always ask before going near or in water
- Always swim with a buddy
- At the beach, swim near lifeguards
- Children and weak swimmers should always wear [proper fitted](#) U.S. Coast-Guard approved life jackets
- Wear a life jacket when boating, even if you don't plan on going swimming
- Never use alcohol or drugs before swimming or supervising
- If you have a pool, make sure there is four-sided fencing
- If you do not know how to swim or want to improve, schedule swim lessons with your local YMCA [here](#).



**Stay hydrated
at all times.**



**Always wear
sunscreen and reapply.**



**Stay safe and watch
others around water.**

Know what to do in an emergency:

- If you notice someone missing, check the water first and alert the lifeguard if present
- Recognize the [signs of someone in danger](#) and scream for help
- Rescue the person from the water if you can without putting yourself in danger
- Call 911 and begin [rescue breaths, CPR](#), and AED as needed
- For more information go to the [American Red Cross](#).

Heat Safety



Summer is a great time to be outside, but on hot days make sure you take the [proper precautions to prevent heat related illness](#) such as heat cramps, heat stroke, and heat exhaustion. One way to prevent illness is knowing the warning signs of heat stress.

Signs of heat stress include:

*-muscle pains -heavy sweating -weakness -fainting -vomiting
-muscle cramps -high body temperature -headache -confusion*

If you or someone you know is having symptoms of heat stress, it can be an emergency. If they cannot regulate their body temperature and are experiencing extreme symptoms, seek medical help. For more information click [here](#).

Additionally, on warm days ***be cautious of hot cars***. An average of 38 children under the age of 15 die every year from heatstroke after being left in a hot car. The [Cleveland Clinic](#) recommends to develop habits that can prevent hot-car deaths such as putting your phone or purse on the backseat, and always remember, if it is too hot for you and your children to stay in the car, it also too hot for your pets!

Cooking Corner



Summer Tomato & Burrata Salad—Incorporate the fresh produce that is in season this Summer. This salad is cherry tomatoes, burrata cheese, and herbs. Check out the recipe [here](#).

Grilled Shrimp Skewers— Are you celebrating graduations or having a barbeque? These shrimp skewers are delicious and easy to grill. Perfect for a summer celebration! See the recipe [here](#).



Triple Berry Smoothie— Smoothies are a great snack to have on a warm Summer day. Try this simple smoothie recipe [here](#).



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please 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 [Michaela](#), for assistance. We would love to hear from you!

