

Wow! What an end to the school year we have had! I've missed all the students and I surely wish we could say good-bye in person. But, as we remain flexible, I say good bye for the summer through this e-communication.

As summer is upon us, we will all be spending more time outside in the sun, which means you will have to protect your skin from sunburn. Wearing sunglasses, and a hat or visor, are great ideas. However, you should always wear sunscreen whenever you'll be outside. The longer your child is out, the more often you should reapply. Sunscreen prevents the sun's strongest rays from burning the skin. Avoid sun exposure during peak intensity hours of 10:00 am to 4:00 pm. Use a sunscreen with an SPF 15 or greater, and make sure to use it even on cloudy days. Be careful to apply it everywhere. Don't forget the nose, ears, neck, lips, or feet!

One summer activity that you will need to reapply sunscreen often for is swimming. Swimming is fun and a great way to get exercise. But, safety is important. Everyone should learn how to swim. Remind your children to follow some important safety rules:

- \* Always have a buddy... Never swim alone.
- \* Never swim without an adult present.
- \* Learn and follow the rules of the pool.
- \* Always jump into the water feet first unless there's a diving board.
- \* Get out of the water if you hear thunder or see lightening.

Parents should be sure there is rescue equipment and a phone near the pool, and you may want to consider taking a CPR course. Also, make sure your child is well hydrated, especially in extreme heat or during prolonged physical activity.

I wish you all a safe, healthy, happy and memorable summer. See you in September!

Healthfully,  
*Maria Farley*

#### Handwashing Reminder:

- Use soap and warm water
- Wash for 20 seconds
- Try singing "Happy Birthday," the "ABC Song," or "Twinkle, Twinkle Little Star"
- Maybe you can make up your own 20 second song
- While you are singing, make lots of suds and bubbles. Wash your hands on the top, bottom and between your fingers.
- After you're finished washing make sure you rinse off all the soap and dry your hands with a towel or paper towel. Now you're ready to do whatever is next on your list. But come back to wash again soon!