

Healthy Habits:

From The
CE Building Nurse,
Mrs. Malone

Spring/Summer 2021

The school year is nearing its end.
We worked together to remain safe!
As a reminder - if your student has
medication in the health office,
please arrange for pick up by
Friday, June 4, 2021

<https://vegasfamilyevents.com/las-vegas-summer-kids-activities/>

Summer Schedule

M

Make Something Monday

Create a Pinterest board to dedicate to Mondays! Let each child choose a project just for them.

T

Time to Read Tuesday

It's time for the weekly trip to your local library. Return old books and look for new books to read together.

W

Water Fun Wednesday

Head out to your favorite splash pad, water park, or go swimming. Don't leave out backyard water fun too!

TH

Take a Trip Thursday

Early morning hikes, childrens museums, parks, fishing, drive out of state, or visit a farm.

F

Fabulous Friday FUN!

Field Trips, playdates, family picnic, head to the beach or lakes, Your Families Favorite Activity!



<http://getdrawings.com/coloring-tag/yourself>

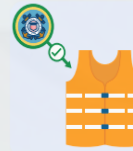
Summer Safety Tips



Activity safety



Never swim near a boat, marina or boat launching ramp.



Always use U.S. Coast Guard-approved life safety jackets.



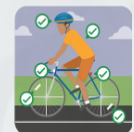
Adults need to stay with children when they are around water.



Keep the pool and deck clear of floats, balls and toys after you get out of the pool.



Always swim with a buddy.



Always wear a bike helmet and bright clothes when cycling so people can see you. Put reflectors on your bike.

Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.



For more information and free resources, visit www.usfa.fema.gov.

As always, please feel free to contact me for any questions or concerns! Looking forward to caring for your student!
Phylcia Malone, RN—Building Nurse ~ Main Office Number (815) 436-9278 ~ Health Office ext. 5141

