



May is National Physical Fitness and Sports Month

People of all ages and body types can participate in physical activity. Find physical activities that are fun for you, your children, family and friends. Some fun activities include biking, hiking, swimming, walking and many other activities.

There are numerous benefits to staying physically active:

- Bone Health
- Heart Health
- Lowers the risk of Type 2 Diabetes and some cancers
- Helps with weight control
- It can help your brain health and memory
- Increase your energy levels
- Makes You Happier!
- And Many, Many more reasons!



Can Exercise Make You Smarter???

Exercise enhances learning, focus, memory and promotes a healthier brain. Research neuroscientists have discovered that exercise triggers the release of **BDNF** (brain-derived neurotrophic factor). This natural substance enhances the ability to acquire knowledge and increase understanding by boosting the ability of neurons (cells within the nervous system that transmit information to other nerve cells) to communicate with one another. BDNF gives neurons the ability to take information, process it and remember it better. It is like *Miracle Grow* for the brain!

Did you know that our brains actually can grow new neurons? This process is called neurogenesis. Neurogenesis is enhanced by: new learning; healthy foods; low stress environments; positive social situations; **and exercise**. Exercise, so far, is the number one way to regenerate neurons in the brain.

For more information, check out <http://www.brainbasedlearning.net/get-your-kids-moving/>

Summer Safety Tips



Beat the Heat and Sun

Heat-related illness happens when the body's temperature control system is overloaded. Children can develop heat exhaustion and become seriously dehydrated when in the hot sun for too long.

- Symptoms include: pale skin, dizziness, headache, fatigue, nausea, and vomiting.
- Keep children indoors during heat waves. Make sure they have plenty of fluids even if kids say they are not thirsty.
- NEVER** leave a child in a parked car even if the windows are cracked open.

Everyone's skin needs protection from the sun's harmful UV rays when outside. The sun's rays can come through the clouds even on an overcast day; so use sun protection even on cloudy days.

- Apply broad spectrum sunscreen daily.
- Put on sunscreen 30 minutes before going outdoors
- Wear wide brimmed hats and UV protective sunglasses
- Seek shade between 10 am and 4 pm



Water Safety

Swimming is a fantastic form of exercise and a major component of summer break fun. But parents should remember that swimming also comes with risk. Follow these tips from the American Academy of Pediatrics to protecting children from drowning.

- Never leave children alone in or near the pool or spa, even for a moment; close supervision by a responsible adult is the best way to prevent drowning in children. Designate a "water watcher" who is not distracted or under the influence of drugs or alcohol to watch children in and near the water.
- Avoid inflatable swimming aids such as "floaties". They are not a substitute for approved life jackets and can give children and parents a false sense of security.
- Everyone should learn to swim - Participation in formal swim lessons can reduce the likelihood of childhood drowning death by 88%

Boating Safety-Children should wear Coast Guard approved life jackets at all times when on boats, docks or near bodies of water.

- Make sure the life jacket is the right size for your child. The jacket should not be loose and should always be worn as instructed with all straps belted.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices. Adults should wear life jackets for their own protection, and to set a good example.
- Children follow your example, so adults and kids should wear a life jacket.

Have a Wonderful & Safe Summer!

End of the Year Reminders:

- Please remember to pick up all student medications from the nurse's office as they will be discarded on the last day of school.
- If your child needs medication next year, please bring the completed and signed paperwork to school prior to the first day of the new school year. Remember to sign the parent permission form, obtain a doctor's signature for all prescription medications, and fill in the dosage, frequency, and symptoms for administration. All medication must be brought to school in the original container by a parent or guardian.