



May 2008

Dear Parents,

This is the last Healthy and Wise issue for this school year. We hope you have enjoyed the articles and activities. We will resume our publication when school resumes with our Back-to-School Issue.

We will be covering the following physical education, nutrition, and health topics this month in the Healthy and Wise publication:

Physical Education

Triathlons – Swimming, Cycling, and Running
Keep Physically Active This summer

Nutrition

Stay on a Healthy Nutritional Course
Healthy Summer Foods

Health

Be Sun Smart!
The Scoop on Skin
Accident Prevention
Have a Safe and Healthy Summer

We hope you enjoy this month's featured articles and activities. Please help your child complete the assigned home activities from the Healthy and Wise publication. Consider doing some of the additional activities below:

- Make sure you and your child have an active, healthy summer! Start planning summer physical activities by finding scheduled events, such as sports camps or triathlons.
- Stock your refrigerator this summer with healthy choices. Purchase fruits, vegetables, and whole grains. Make a commitment to not purchase soft drinks.
- Plan a regular "Healthy Summer Salad" night each week. Incorporate healthy salads in other meals as well.
- Purchase several tubes of sunscreen to have on hand this summer.
- Discuss how to avoid accidents with your child. Make sure they know what to do if an accident happens. Review how and when to use the 911 Emergency Response System.

Have a wonderful Healthy and Wise summer!