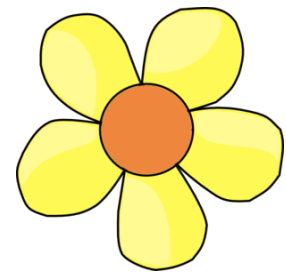


HealthWhys

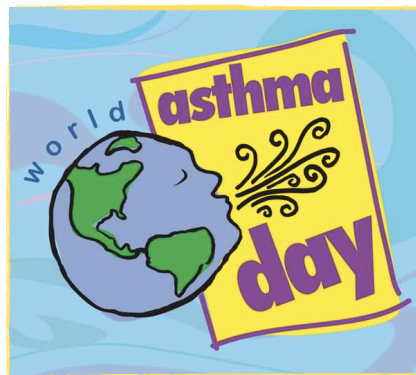


May 2020



Join your PE Teachers for
a Virtual Field Day on
Friday, May 8!

This will be a unique way to
get moving and have some
fun with your friends AND
your very own PE
Teacher!



1 in 13 Americans lives with
asthma, a disease affecting
the lungs and causing
repeated episodes of
wheezing, breathlessness,
chest tightness, and
coughing. This day is the
time when organizations
dedicated to asthma
control and educators win
together to increase
awareness about asthma
and improve the lives of
people living with asthma.



The CDC has launched a new
hand washing campaign called
LIFE IS BETTER WITH CLEAN HANDS
to support our "new normal". The CDC is trying to
promote adults incorporating hand washing into their
daily routines and to raise awareness of how
important hand washing is, in the home and in public!

For more information go to:

<https://www.Cdc.gov/handwashing/campaign.html>

Year-at-a-Glance

NUTRIENT

Vitamins

NURSE

Asthma Awareness

CHARACTER

Caring for Self

CASES

Stress Management & Mental Health

CLASSROOM

Water Safety

RISK WATCH

Water Safety

STRATEGY

Refill Your Water Bottle



S = SWIM LESSONS
(Learn life saving skills year-round)



P = PUT AWAY TOYS, PUT UP LADDER
(Empty small pools, cover hot tub)



L = LIFE JACKETS
(On a boat, canoe, kayak, paddle board)



A = ADULT ALWAYS WATCHING
(Establish an adult water watcher)



S = SHUT ALL GATES
(Self-closing, self-latching gates, proper safety equipment)



H = HOW TO RESCUE
(Throw, don't go! Know CPR and rescue skills)