

Nurse Annie's Health Office News



Summertime is Almost Here! And so are the Higher Risks of Sunburn



Did you know that even just one blistering sunburn in childhood **DOUBLES** your chances of developing melanoma later in life? Follow these simple tips to keep your risk of sunburn to a minimum.

- Apply 30 spf sunblock 30 minutes before going outside, and reapply at least every 2 hours while you are outside.
- Try to stay in the shade between 11 am and 3 pm. This is typically the hottest part of the day, and the time when sunburn (and heat stroke) are more likely to occur.
- Wear a hat while you are in the sun and sunglasses. Keeping your shoulders covered will also help keep you cooler and less likely to burn.
- Make sure you are drinking plenty of water while you are outside

Check out Nurse Annie's Web page for links to learn about some fun activities in the Elko area this summer.

Just scan the QR Code at the bottom right hand corner of this page.

You can find links here for:

- Swimming lessons
- Summer activities in the park
- Summer Reading Program and MORE!

To our Departing 4th Grade Students

IT HAS BEEN A PLEASURE TO GET TO KNOW YOU ALL THROUGH THE YEARS. SOME OF YOU HAVE BEEN HERE SINCE KINDERGARTEN (OR MAYBE EVEN PRESCHOOL!) YOUR SMILES WILL BE MISSED, BUT I KNOW YOU ALL HAVE THE OPPORTUNITY FOR BRIGHT FUTURES AHEAD. BEST OF LUCK IN ALL YOU DO. REMEMBER, ONCE A BULLDOG, ALWAYS A BULLDOG!



Take Time to Hydrate!

Protect yourself from dehydration with these simple steps:

- **Take a water break!** Make sure to drink a full glass of water before going out to play, and every 30 minutes during activity.
- **Eat water rich snacks:** Grapes, popsicles, watermelon and orange slices are all great ways to keep hydrated this summer.
- **Limit caffeine:** Sodas, iced tea and even frozen drinks can be high in caffeine. These products can actually contribute to dehydration.
- **Watch for sweating:** If you are engaged in an activity that causes you to sweat, you may need some electrolytes as well. Gatorade and other sports drinks can help replace some of those elements being lost through sweat like sodium, potassium and chloride.

Parents, watch for these signs of dehydration in your child:

Decrease in urination
Increased fatigue
Feeling dizzy
Crying without tears

Darker than normal urine
Sleeping more than usual
Feeling light-headed
Dry mouth



Fun Summer Snacks to Make at Home!



Frozen Yogurt Bark

Smear Greek vanilla yogurt on small pan lined with plastic wrap or parchment paper (one that will fit in your freezer). Sprinkle with your favorite fruit. Some ideas include:

- Sliced strawberries
- Blueberries
- Chopped peaches
- Raspberries
- Kiwi
- Coconut shreds

Freeze for about 2 hours. Break apart and enjoy.



Airplane Snack:

Use long stick of cantaloupe, carrot or cucumber for stick for body of airplane.

Place graham crackers broken long ways for wings as pictured.

Use grapes as wheels held by a toothpick

Construct "propeller" with half a grape and two sliced pieces of carrot with a toothpick.

Enjoy!

Wrap it Up:

- Flour tortilla
- Cheese stick
- Hummus or guacamole
- Lettuce or spinach or sprouts
- Chopped tomatoes

Directions. Lay tortilla flat, spread on hummus or guacamole, place lettuce, spinach or sprouts over surface, sprinkle tortilla with chopped tomatoes, place cheese stick on one side and roll up. Slice and serve.



Check out Nurse Annie's Web page for a video tutorial on these snacks! Just scan this QR code!

