

Living Life Fitfully

School is almost out, and that can only mean one thing.....it's SUMMERTIME! What activities are on your summer bucket list? Welcome to our 5th edition of Living Life Fitfully. Our focus is summer safety on the road and in the water, including info, safety tips, videos, and more.



A super big shout out to Mrs. Calabro and Mrs. Collins for a fantastic Bike Rodeo again this year. The weather was perfect and we had a great turn out! CPCS students learned all about bike safety while having fun mastering the stations and challenge courses. One favorite activity was the newspaper route, where students learned how to throw newspapers in the right spots as they rode their bikes down the path. Another crowd favorite was the bike wash, full of bubbles! Included is a link to a cool video, entitled **“Bike Helmets 101: A Basic User’s Guide to Brain Safety.”** It’s located at the end of the bike safety attachment. You and your family may want to check it out before hitting the road on your bikes this summer.

In the last edition we honed in on sun safety and staying protected from those hot rays. Now let’s hit the water and cool off! Fish are able to breathe in water, but people need air to breathe. People get into trouble when they have too much water in their lungs and not enough space for air to breathe. We have included a swim safety sheet to make sure you are splashing around and cooling off in the safest ways possible.

Fun Fact: Have you seen the big numbers painted on the side of a pool? Those are DEPTH MARKERS. They tell you how deep the water is at that point. You should always check before jumping into a pool and diving off a diving board to make sure the water is deep enough so you do not hit your head or hurt your neck.



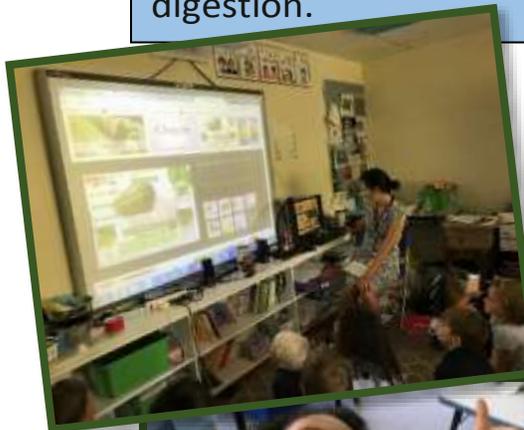
Taste It: We had two delicious treats of blueberries and kohlrabi. The students enjoyed trying these healthy snacks. Have fun trying out some recipes, like blueberry popsicles and kohlrabi with carrots mash. Ask your student what they thought of the tastes and textures of these foods.

Blueberries

Blueberries have many health benefits. They are full of antioxidants and vitamins like A, B, C, and E. These vitamins help boost our immune system and fight off infections both viral and bacterial. Blueberries also help our brains, skin, and digestion.



Safe kitchen knife use links can be found on "Recipe Raves" if you're interested!



Chayote Squash

With plenty of fiber, anti-oxidants, minerals, and vitamins, chayote squash is a low calorie vegetable. Only 16 calories in every 100 grams! Chayote's low in sodium and has no cholesterol or saturated fats. Its anti-inflammatory properties may help with the treatment of high-blood pressure, kidney stones, and indigestion.

Whole Child Committee: We want to wish you a fun filled summer full of healthy activities. REMEMBER to stay hydrated and wear your hats and sunscreen. We look forward to seeing you next school year!

★ Pictures of the 2017 Green Arts Fest below!!!

Thank you!

For all those volunteers who helped set-up, host a station, and/or clean-up, and all the participants who were able to come, braving the threat of rain, "Thank you, thank you, thank you!" We hope you enjoy the following pictures of the Green Arts Fest, May 6, 2017!



