

The road to freedom- here and everywhere on earth- begins in the classroom. —Hubert Humphrey



Sun/Heat

- *Stay hydrated
- *Apply and reapply sunscreen
- *Dress lightly
- *Never leave children in a car
- *Watch for signs of heat illness:
 - intense thirst - nausea
 - extreme fatigue - headache
 - vomiting - fever

Street

- *Teach your children how to cross the street safely
- *Teach your children to always wear a helmet when they are biking, rollerblading, scootering, or skateboarding
 - ***If it has wheels, they need a helmet!***
- *Teach your children to use the “buddy system,” and walk with a friend or a sibling

Water Safety

- Prevent drowning:
 - *Adult “water watcher” without distractions
 - *Fences with locked gates around all pools
 - *Swimming lessons for children over 1-year old
 - *Review or learn CPR
- Click [HERE](#) For more

Online

- *Never share personal info
 - *No chatting with strangers
 - *Report inappropriate messages to an adult ASAP
 - *Set time limits for internet use
- [Internet Safety Cheat Sheet](#)

ALPINE DISTRICT 2024
SUMMER MEALS PROGRAM
June 3 – June 28
FREE meals available to ALL children under the age of 18. Adult Meals Available – Breakfast \$2.00 / Lunch \$5.00

Bonneville Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Cherry Hill Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Greenwood Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Mountain Trails Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Mountain View High
Breakfast 7:15 am – 8:45 am
Lunch 11:30 am - 12:30 pm

Orem Junior High
Breakfast 7:15 am – 8:45 am
Lunch 11:30 am - 12:30 pm

Parkside Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Westmore Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

Windsor Elementary
Breakfast 8:00 am - 9:00 am
Lunch 11:00 am - 12:00 pm

[Summer Food Service Program \(SFSP\)](#)

Work It! This Quarter's Nursing Projects

Planning for 2024-25 school year- coordinating with principal, PTA president, and secretary for date, master calendar, locations, volunteer coordination

Summer CPR and district meetings- summer training dates for faculty/ staff

Collaboration - Annual Spring School Nurse Conference, Summer Cleaning, and Primary Children's Diabetes RN Training

Continued follow-up with parents for children with required vaccines, and needed medications or health plans for the next school year

Rhymes to Pick “It”

One potato, two potato, three potato, four. Five potato, six potato, seven potato, more.

Bubble gum, bubble gum in a dish.
How many pieces do you wish?
(pick a number: 5)
F-i-v-e spells 5 and you are it!

Engine, engine number 9
Going down Chicago line
If the train should jump the track,
do you want your money back?
y-e-s (or n-o) spells yes (no)
And you are not it!

Medications, and Plans, and Doctors- Oh My!

As your school nurses, we thank you all for another wonderful school year, and remind you to please pick up your student's medication(s) from school before the last day. This includes ALL medications! It is a great time to check expiration dates on Inhalers and Epi-Pens. Your school nurse should be sending out Health Plans soon via email. These need to be renewed (and signed by a Medical Provider) each school year due to state law and growing children's changing needs. The appropriate forms are also here:

<https://heal.health.utah.gov/SN-documents/>

Please reach out to your school nurse with any questions or concerns!

Summer BINGO

PLAY TAG OUTSIDE	READ A BOOK OUTSIDE	BUILD A FORT	PAINT OR COLOR A PICTURE	HAVE A PICNIC OUTSIDE
INVITE A FRIEND TO PLAY OUTSIDE	CREATE AN OBSTACLE COURSE	MAKE OR HAVE A POPSICLE	GO ON AN NATURE SCAVENGER HUNT	DO A GOOD DEED FOR A FAMILY MEMBER OR FRIEND
PLAY SIMON SAYS OUTSIDE	MAKE A SUMMER SCRAPBOOK	FREE	VOLUNTEER IN YOUR COMMUNITY	GO TO THE LIBRARY
WATCH THE SUNSET	PLAY RED LIGHT, GREEN LIGHT	WEAR SUNSCREEN WHEN OUTSIDE	GO ON A HIKE	HAVE A NO SCREEN DAY
PLAY IN WATER - SQUIRT GUNS, SPRINKLERS, RAIN	PICK UP LITTER	PLAY MOTHER, MAY I?	GO STARGAZING	PLAY SARDINES OUTSIDE

let's get outside!

SIMON SAYS - CHOOSE ONE PERSON TO BE "SIMON". THE OTHER PLAYERS FOLLOW SIMON'S INSTRUCTIONS TO PERFORM AN ACTION. FOR EXAMPLE, "SIMON SAYS HOP ON ONE FOOT," THE OTHER PLAYERS WOULD HOP ON ONE FOOT. BUT IF SIMON WERE TO SAY "TOUCH YOUR NOSE" THE OTHER PLAYERS WOULD NOT BECAUSE SIMON DID NOT SAY "SIMON SAYS TO TOUCH YOUR NOSE."

RED LIGHT, GREEN LIGHT - ONE PERSON STANDS WITH THEIR BACK TURNED TO THE GROUP. THIS PERSON SHOUTS "GREEN LIGHT" AND THE OTHER PLAYERS START MOVING TOWARDS THE FINISH LINE. WHEN THE PERSON CALLS OUT "RED LIGHT" THEY QUICKLY TURN AROUND AND EVERYONE ELSE MUST IMMEDIATELY STOP MOVING.

MOTHER, MAY I? - THE PLAYER WHO IS "MOTHER" STANDS AT THE FINISH LINE. THE "CHILDREN" ALL TAKE TURNS ASKING MOTHER QUESTIONS, SUCH AS "MOTHER MAY I TAKE THREE BUNNY HOPS?" "MOTHER MAY I DO ONE CARTWHEEL?" THEIR GOAL IS TO REACH MOTHER AT THE FINISH LINE.

SARDINES - THE PLAYER WHO IS DECIDED TO BE "IT" HIDES. THE REST OF THE GROUP COUNTS AND THEN SPLITS UP TO TRY AND FIND THE HIDING PERSON. WHEN ONE PLAYER FINDS THE HIDING PERSON THEY JOIN IN THAT HIDING PLACE. THIS CONTINUES UNTIL EVERYONE FINDS THE HIDING SPOT AND ARE CRAMPED IN ONE PLACE.