

LCSS HEALTHY "BYTES"

A Monthly Newsletter by Coordinated School Health



Tips for a healthy summer:

- Get up and move.
Dance, walk, ride a bike, mow the lawn, hula hoop, swim, or do jumping jacks.
- Apply sunscreen and bug repellent before going outdoors.
- Find ways to keep cool.
- Eat fruits and vegetables.
- Drink water instead of colas to stay hydrated.
- Refrain from tobacco use.



Summer Fun Recipe: **Turkey Pinwheels**



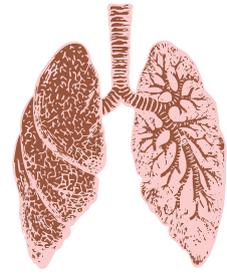
[Source:https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm](https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm)

Summer Destress

This summer, try to lessen your stress, and enjoy the beauty of the day. There are several ways to do this. One step is to be kind to our bodies. Treat it well by eating right, not smoking, getting enough rest, and drinking plenty of water. The next is take time to relax. Stop and sit down. Listen to the wind blow, meditate, glide in a swing, or listen to soft music. Unwinding from the day takes time. Allow it. Third, have fellowship. Talk with your neighbors or friends. Lend a listening ear. Ask them how they are feeling. Let them know how you are doing. Lastly, take breaks from social media and the news. Listening to bad things happening all the time can be draining. Allow yourself some free time. It will be there when you decide to watch it again.
Source :Stress and Coping Resources



Asthma Education



May is Asthma Awareness Month

Did you know that there are programs to help keep the community informed about the local air quality and when it's safe to exercise outdoors?

One such program that is being introduced to three schools in our district is the Air Quality Flag Program. With this upcoming flag program, there are several colors: green, yellow, orange, red, and purple.

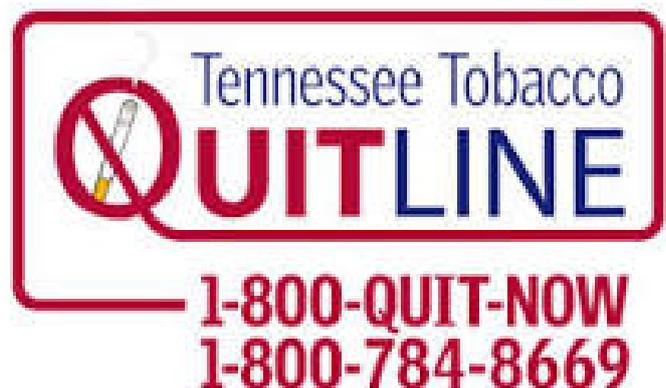
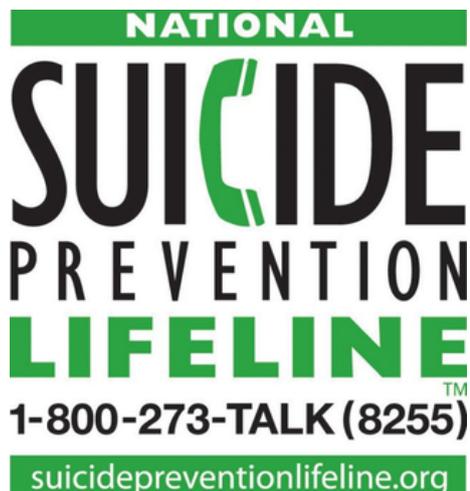
Each flag color corresponds to the type of air quality index in the area that day.

It will be updated every 24 hours during school. This will make it easier for students and parents to identify when it's unhealthy to be outdoors and when it's not.

	Green Flag – good air quality
	Yellow Flag – moderate air quality
	Orange Flag – unhealthy for sensitive groups (including all children and people with asthma)
	Red Flag – unhealthy for everyone
	Purple Flag – very unhealthy for everyone

Fun Fact: When planning any activity, the morning air quality is less likely to be harmful due to less ozone.

Source: <https://mail.google.com/mail/u/0/?tab=rm&ogbl#search/flag+program?projector=1>



We had a great turnout at our very first Health & Sports Expo on May 20th! We saw a total of 135 students!

