



**Dear John Dewey Parents and Guardians,**

It's already that time of year! This is our final edition for this school year. Summer fun is right around the corner! You can help your child keep those skills sharp over the summer with just a few minutes of practice a day. Practicing and mastering math facts, reading daily, and keeping a summer journal are just a few ways your child can maintain learned skills and start the 2019-20 school year feeling confident. \*\*Remember, our last day is **Thursday, May 23, 2019.**

While busy making plans for the summer, often the facts about the "summer slide" don't come to mind. The "summer slide" describes what happens when minds sit idle for three months. Children lose educational ground during the almost three-month break from school. Experts agree that children who read during the summer gain reading skills, while those who do not often slide backward. I want to wish you a wonderful, safe, fun-filled summer vacation! Have fun, keep reading, writing and practicing math and we'll see you in August!

**Educationally Yours,**

**Adrienne Clotman**

**Assistant Principal, John Dewey**

**"One Team, One Vision, One Goal"**

### **School Health: Summer Safety**

Kids are going to fall, crash, slip and tumble. It's all part of growing up, and we wouldn't want it any other way. But there are little things we can do to ensure that children avoid the more serious injuries that can lead to disabilities and even death. Keep the fun in the summer by keeping your child safe in the sun, water, and great outdoors:

- **Bike Safety:** Wear a helmet. It is the single most effective safety device to reduce head injury and death from bicycle crashes.
- **Beat the Heat:** Take extra breaks and drink plenty of water to prevent heat related illnesses. **REMEMBER:** Never leave your child in the car, not even for a minute.
- **Pedestrian Safety:** Children under 10 years old should cross the street with an adult. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10. Tell kids to look left, right and left again when crossing the street. Teach them to never run or dart out into the street or cross between parked cars. *Head Up, Phone Down* to avoid distracted walking.
- **Water Safety:** Don't allow your child to go in the water unless they know how to swim and make sure the body of water matches the skill level of the swimmer.
- **Bug Safety:** Mosquitoes can cause illnesses. To prevent mosquito bites, use Environmental Protection Agency-registered insect repellent with DEET. Insect repellents containing DEET have been tested and approved as safe for kids but choose a repellent with no more than 30% DEET.
- **Car Safety:** A booster seat provides a step between a car seat with a harness and a seat belt alone. It boosts the child for a safer and more comfortable fit of the adult seat belt.

Take Care of Yourself. Enjoy Your Summer (and our Spring)!

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