



Dear John Dewey Parent 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 2018-19 school year feeling confident. **Remember, our last day is **Wednesday, May 23, 2018.**

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:

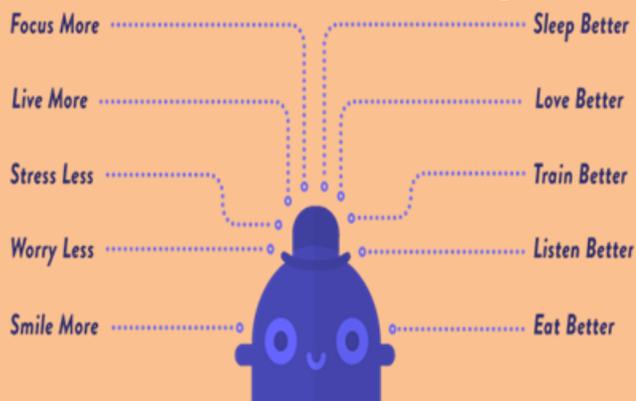
- **Bike Safety:** Wear a helmet. It is the single most effective safety device to reduce head injury and death from bicycle crashes.
- **Beat the Heat:** Take extra breaks and drink plenty of water to prevent heat related illnesses. **REMEMBER:** Never leave your child in the car, not even for a minute.
- **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)!

RETRIEVED FROM: [HTTPS://WWW.SAFEKIDS.ORG/](https://www.safekids.org/)



HEALTH AND SAFETY

Did you know that meditation and mindfulness practice have been scientifically proven to lower blood pressure, increase mental focus, and reduce muscular tension? It can sound complex and overwhelming, but we encourage you to give mindfulness practice a try... just a few minutes a day can pay off with more smiles! **Headspace is an app that provides easy and accessible mindfulness activities. Check it out: www.headspace.com**



Great Free Things To Do In Cleveland

- Cleveland Museum of Art
- Free Mondays at the Cleveland Metroparks Zoo
- Federal Reserve Bank of Cleveland Learning Center and Money Museum
- Rockefeller Park Greenhouse
- Metroparks Kids Club
clevelandmetroparks.com/Main/Kids-Club.aspx
- Take a Hike Tours, historicgateway.org
- Cleveland Shakespeare Festival, cleveshakes.com:
- A day at the beach
- Wade Oval Wednesdays
- International Women's Air and Space Museum, Burke Lakefront Airport, 1111
- Preston's H.O.P.E., at the Mandel Jewish Community Center
- Cleveland Police Museum



School Health

Seasonal allergies, sometimes called "hay fever" or seasonal allergic rhinitis, are allergy symptoms that happen during certain times of the year, usually when outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants. If your child develops a "cold" at the same time every year, seasonal allergies might be to blame. Allergy symptoms, which usually come on suddenly and last as long as a person is exposed to the allergen, can include sneezing

- itchy nose and/or throat
- nasal congestion
- clear, runny nose
- coughing

These symptoms often come with itchy, watery, and/or red eyes, which is called allergic conjunctivitis. Kids who have wheezing and shortness of breath in addition to these symptoms might have allergies that trigger asthma.

Some kids can get relief by limiting their exposure to allergens that bother them by keeping the windows closed, using the air conditioner, and staying indoors when the pollen count is high.

It's also a good idea for kids with seasonal allergies to wash their hands or shower and change clothing after playing outside.

Medicines can help with allergy symptoms. These may include decongestants, antihistamines, and nasal spray steroids. If symptoms can't be managed with medicines, your child's doctor may recommend an allergist. Retrieved from

www.kidshealth.org/en/parents/seasonal-allergies

