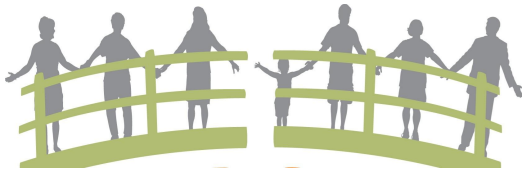


The St. Martin Parish Parent and Family Engagement Connection

Home & School

"TOGETHER WE CAN MAKE A DIFFERENCE"



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Spring is in the air! Time to put away your winter coats and enjoy an assortment of fun outdoor activities with your family. It's the time of year when our children are outdoors enjoying the beautiful weather and exercising, whether in organized sports or recreational activities. We encourage these activities as they support overall physical and mental wellbeing, develop collaborative skills as a member of a team and help to develop leadership skills, to mention only a few of the benefits. What we also encourage is safety. Whether you're outside at a playground, at the ballpark, or walking to the ice cream truck, we want to keep your kids safe from the sun! Sunlight is said to help our mental outlook and help us to feel healthier. But sunlight can be harmful to the skin, causing immediate problems, as well as problems that may develop years later. Extra care should be taken when preparing children for sun exposure and fun outside. Use sun-protective hats, long clothing, sunscreen, and/or UV-blocking sunglasses to protect against the sun. The warmer weather brings lots of fun outdoor activities----ENJOY!

Spring is in the Air- Tips for a Healthy Spring

SPRING SAFETY TIPS

Ah, spring is finally here! Nice weather, blue skies - what better reason to get outside after long cold months cooped up indoors. Just remember some tips to stay in top health during the spring!

- Insects:** Kids are happy to be outside after the winter, but so are bees/wasps/hornets. If you encounter these insects, stay calm or walk away; do not swat as this angers them. If stung, immediately remove stinger and apply ice to reduce swelling. If stung, and child is allergic, use epinephrine shot or Epi-Pen, and contact doctor immediately.
- Poison Ivy:** Running around the yard/parks/the woods means kids might come across poison ivy. So teach them what this plant looks like. ("Leaves of three, leave them be!") Wear long sleeves and pants in areas that might contain poison ivy. If you come in contact with it, apply calamine lotion/hydrocortisone cream; avoid scratching! If a fever develops after exposure, contact your doctor.
- Rain:** Spring frequently brings extra rain, which might make your kids' favorite creek a little faster and deeper than they are used to. Remind them to be extra careful around water, and it's a good idea to check out any water for depth and safety before your kids play around it.
- Bicycles:** Nice weather means bike weather! If you and/or your children go bike riding, always wear a helmet. Look both ways before crossing the street, and follow crosswalk instructions. Only ride on sidewalks and bike paths that are free of cars.

Cold vs. Allergy



COLD



Are you coughing frequently?



Does your body ache?



Are your eyes itchy or watery?

yellow

What color is your mucus?



How long did it take for symptoms to appear?

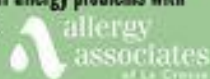
ALLERGY



clear



Struggling with sniffles and chronic congestion this time of year may seem like a cold, but it could be an allergy. Indoor sensitivities to dust mites, molds, and household environmental triggers can affect your health. Get at the root of your allergy problems with sublingual immunotherapy allergy drops.



Family Meal time offers the opportunity to connect with each other, communicate about family happenings, and give each other time and attention. Check out The Family Table link below to get conversation starters, tasty recipes, and more!

<https://www.ag.ndsu.edu/familytable>

