



Steilacoom
Historical School
District No. 1

Volume 8
June 2023

Focus on Health for the Summer

The school year is almost over! And summer is a great time to focus on your health! Take advantage of local farmers' markets where you'll find tons of fresh fruits and vegetables. Studies show that getting five servings of fruits and vegetables per day is a great way to optimize your health. Summertime is a great time to solidify this habit.

Set a goal to keep moving every day and help kids limit screen time to help them stay active and protect their mental health. Plus, the warm, sunny weather just seems to beg you to go out in it!

You can take care of your skin by wearing sunscreen every day and drinking plenty of water—even when you think you are not thirsty! Especially as the days get hotter, drinking enough water helps your body regulate temperature. Enjoy taking care of yourself this summer!



Fresh Pick of the Month

Summer is the perfect time to eat strawberries!

Strawberries are considered a superfood because they have high levels of potassium, folate and fiber and rank as the best fruit source of Vitamin C, a crucial antioxidant. They are available year-round, but have their peak season from April through July.

Did you know there are over 600 varieties of strawberries? Over a billion pounds of strawberries are grown in California—all picked, sorted and packed by hand in the fields they are grown in.

As far back as the ancient Romans, humans have been enjoying this delicious fruit. Go grab some!