



# June 29 – July 3

Keep Moving

Hello Families!

As your students are getting out to enjoy the nice weather please keep bicycle safety in mind. It's important for children to wear a helmet every time they ride their bikes.

## Bicycle Safety

Children (5-14 years) and adolescents (15-19 years) have the highest rates of nonfatal bicycle-related injuries, accounting for more than one-third of all bicycle-related injuries seen in U.S. emergency departments. All bicyclists, regardless of age, can help protect themselves by wearing properly fitted bicycle helmets every time they ride.

## Keeping Children Safe

- Bicycle helmets reduce the risk of head and brain injuries in the event of a crash.
- All bicyclists, regardless of age, can help protect themselves by wearing properly fitted bicycle helmets every time they ride.
- Fluorescent clothing can make bicyclists visible from further away than regular clothing during the daytime.<sup>6</sup>
- Retro-reflective clothing can make bicyclists more visible at night.
- Active lighting can include front white lights, rear red lights, or other lighting on the bicycle or bicyclist. This lighting may improve the visibility of bicyclists.

## Bowling!

**Create a bowling game by filling 10 water bottles. Then challenge your family to a friendly game!**

Nurse Courtney

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If you have any questions please do not hesitate to contact me.

## Bicycle Helmets Should Be...

- Well maintained
- Age appropriate
- Worn consistently and correctly
- Appropriately certified for use

### Getting a Good Fit

- The helmet should fit snugly all around, with no spaces between the foam and bike rider's head.
- Ask your child or teen how the helmet feels on their head. While it needs to have a snug fit, a helmet that is too tight can cause headaches.
- Bike helmets are available for riders with long hair. Your child or teen should try on the helmet with the hairstyle he or she will wear while bike riding. Helmet fit can change if your child's or teen's hairstyle changes. For example, a long-haired bike rider who gets a very short haircut may need to adjust the fit of the helmet.
- Some bike helmets have removable padding or a universal fit ring that can be adjusted to get a good fit.
- A bike helmet should not sit too high or low on the rider's head. To check, make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows. The back of the helmet should not touch the top of the bike rider's neck.
- Make sure you can see your child's or teen's eyes, and that he or she can see straight-forward and side-to-side.
- The side straps should make a "V" shape under, and slightly in front of the bike rider's ears.
- The chin strap should be centered under the bike rider's chin, and fit snugly so that no more than one or two fingers fit between the chin and the strap. Tell your child or teen to open their mouth wide...big yawn! The helmet should pull down on their head. If not, the chin strap needs to be tighter. If needed, you can pull the straps from the back of the helmet to adjust the chin straps. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.

# COVID-19 (The Coronavirus)

## Where are we?

### Phase 2: Part 2

Nothing new has reopened but according to mass.gov and Governor Baker the number of COVID 19 cases continues to decrease.

## What's reopened already?

*\*with restrictions and guidelines\**

Grocery Stores  
Pharmacies  
Manufacturing Industries  
Construction Industries  
Hair Salons  
Barbershops  
Pet Grooming Services  
Places of Worship  
Laboratories  
Banks  
Golf Courses  
Restaurants: Outdoor dining  
Retail Businesses  
Funeral Homes  
Lodgings  
Flight Schools  
Driving Schools  
Pools and Playgrounds  
Indoor table service at restaurants  
Close-contact personal services, with restrictions, including:  
Hair removal and replacement  
Nail care  
Skin care  
Massage therapy  
Makeup salons and makeup application services  
Tanning salons  
Tattoo, piercing and body art services  
Personal training, with restrictions



### Healthy Food of the Week

Challenge your child to eat/try...

### Tomatoes

#### Benefits of Tomatoes:

- 1) Major dietary source of the antioxidant lycopene which has been linked to a reduction in the risk heart disease
- 2) Great source of Vitamin C
- 3) High in fiber
- 4) Beneficial to skin health
- 5) Good source of folic acid

