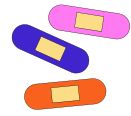


# Stetho Scoop

Services Nurse News

Summer Edition



## SUMMER FUN

### Summer Tips and Tricks of a Healthy Summer

- Stay Active
- Healthy Meals & Snacks
- Stay Hydrated
- Set Schedule
- Child Safety

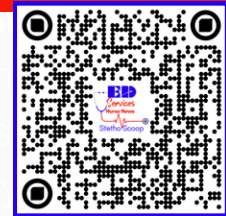
Encourage kids to be **active for 60 minutes** daily with heart-rate-increasing activities at playgrounds, sports fields, and pools. Offer **healthy snacks** like fruits and veggies, balanced meals, limit sugary treats, and **promote water consumption**. Ensure children get **enough sleep**, wear **protective gear** for activities, and supervise them during swimming.

Kaci Paintin BSN, RN  
Charolette Christopher RN

### Tips for sun safety:

- Broad Spectrum sunscreen of **at least SPF 15** that blocks against both UVA and UVB rays.
- Apply golf ball size of sunscreen, **15 minutes before sun exposure**.
- **Reapply every 2 hours**, after swimming and sweating.
- Use available **shade**.
- **Wear protective** clothing, wear hats and sunglasses.

### NURSE INFO:



Scan the QR code for content and additional health information for your districts!

### IMPORTANT REMINDERS:

#### Check-ups and Vaccinations:

Summer is a great time to complete annual check-ups and vaccinations to prepare for the school year.

- English Vaccine Updates
- Spanish Vaccine Updates

