

# Back to School

## SCHOOLS ABOUT TO START

### IS YOUR HOME READY?

#### Getting started

Organize your activities on a dry erase fridge. board on the

#### Reducing your stuff

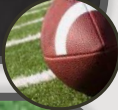
Eliminate clutter. Donate stuff that doesn't fit/kids don't like/don't wear anymore.

#### Buying new stuff

Don't back-to-school shop yet. Do an inventory so you aren't buying things you don't need.

#### Doing homework

If possible, designate a study space where kids have the tools they need for success.



## SCHOOL SPORTS SAFETY

**Athletes need a preseason physical** and share any medical conditions with coaches.

#### Be smart about injuries:

Athletic trainers and consulting physicians, not coaches, should decide whether athletes continue playing following an injury. Athletes should always speak up after a hit in the head or a fall.

**Maintain equipment and facilities:** Helmets and pads should be properly fitted; gym equipment well-maintained. Facilities must be kept clean and checked for germs regularly.

**Always warm up** and stretch before beginning activities.

**Stay hydrated.**

**Build up a heat tolerance:** To avoid heat illnesses, especially in sports requiring protective equipment, start slowly and build up to more intensive training requiring the full gear.

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"Bulletin"

JULY AND AUGUST 2022

# BEAT THE SUMMER Heat AND YOUR AIR CONDITIONING BILL

**1. Make sure your house isn't part of the problem.** If your home isn't insulated and sealed well, warm air could be leaking in, sabotaging your efforts to cool things down.  
**2. Keep that breeze flowing.** Open windows in the morning or evening when the air is cool and get a cross-breeze going throughout the house.

**3. Check that the heat isn't on.** You might be heating your house without realizing it. How? By using the oven, stove or other appliances that generate heat. Cook outside when you can, and use the dishwasher and dryer at cooler times of the day.

**4. Create your own personal cool zone.** Don't cool the whole house if you're only using a few rooms. Set up fans, drink plenty of cool liquids and eat cold foods, which can help lower your body temperature.

**5. Don't forget the basics.** When it's sunny outside, keep your curtains closed. Minimize your use of lights, as they generate heat.

## 6 Tips to Keep You Swimming Safely

1. Don't go it alone, period!
2. Mind the rules.
3. Keep away from drains.
4. Know how to respond.
5. Use common sense.
6. Alert a lifeguard if you see someone struggling.

1. **Use sunblock— and hydrate.**
2. Make sure your food is fully cooked.
3. **Watch what you serve.** Put food in insulated cooler so it doesn't grow harmful bacteria.
4. **Don't drink and drive.**
5. **Don't drink and boat.**
6. **Make sure everyone's got a life jacket.** On a boat, there should be enough life preservers for everyone.
7. **Lighting fireworks? Be prepared.** Keep a hose or bucket of water close by, and make sure you're not aiming at people, animals, homes, plants or cars.
8. **Supervise the kids.** Youngsters shouldn't be lighting fireworks at all, and older kids need to be watched closely.
9. **Keep your distance, too.** Thousands of people show up in the ER with firework injuries.
10. **Keep safety in mind at all times.**

## PETS & FIREWORKS DON'T MIX!

Fireworks Scare Us!

Leave your pet inside in a secure room. Do not leave them outside.

Leave toys & plenty of food and water. Leave a TV or stereo on to drown out the noise.

Make sure your pets have an ID tag or microchip, in case they get scared and run away.

