

June: Wellness, Safety, and Healthy Options to Grow On

In June, student begin to gear up for the summer break. We think it's fitting that we lead off with a strong lesson in safety, wellness and health. So much growth happens over the summer. Learning about the following topics will help students to stay safe:

- Over the counter medication uses, misuses, directions and effectiveness
- Herbal medication uses, misuses directions and effectiveness
- Contraindications
- Debate social and ethical implications of the availability and use of technology on wellness support
- Risk reduction for the safety of self and others
- Analyze the relationship between alcohol, drug use, and the incidence of motor vehicle crashes
- Summarize the components of the traffic safety system, and explain how people contribute to making the system effective
- Applying first-aid procedures can minimize injury and save lives.
- Basic Life Support
- Automatic external defibrillation (AED)
- Caring for head trauma
- Bone and joint emergencies
- Caring for cold and heat injuries
- Responding to medical emergencies.

All students will acquire health promotion concepts and skills to support a healthy, active lifestyle in

Safety

Health Service & Information

Family Field Trips to Plan for June

Visit an Art Museum



Go Feed the Ducks

Go Test Driving

Have a Day at the Lake

Go Crabbing

Go to the Boardwalk &
Have a Bucket of Fries

Visit a Fruit Tree Farm

Go Kayaking, Tubing or Canoeing