

PARENT HEALTH BULLETIN



Heart of Largo—Eat Smart, Play Hard



KIDS DON'T FLOAT!

Protecting Your Family

Despite a 40 percent decline since 1987, drowning is still the second leading cause of unintentional injury-related death to children ages 1 to 14, taking more than 900 children's lives each year. For every child who drowns, four more are hospitalized for near-drowning.

Knowledge is a powerful tool for combating these tragedies. Knowing how and where children drown, as well as the concrete steps you can take to avoid danger, may make a life-and-death difference for your family.

A child should never be unsupervised in or near water, even shallow wading pools. Devices such as bathtub seats or water wings can not be relied upon to keep them afloat and alive.

Plan ahead:

- Children should learn to swim. Enroll them in swimming lessons.
- Adults and kids over age 13 should learn infant and child CPR.
- Know which of your child's friends and neighbors have pools. Make sure your child will be supervised by an adult while visiting.
- Install four-sided isolation fencing at least 5 feet high, equipped with self-closing and self-latching gates, around home swimming pools.
- Keep a telephone and emergency numbers by the pool.
- Pool alarms and pool covers can offer an extra layer of protection. However, do not rely on them alone to keep your kids safe.

Eliminate potential hazards:

- Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.
- Keep toilet lids shut and use toilet locks.
- Pay attention to open water. Be aware of undercurrents and changing waves and undertows when at the ocean or lake.
- Do not let children dive into water unless the child has learned proper diving techniques, an adult is present and the depth of the water is greater than 9 feet.
- Children with marginal mobility should not be left unattended in a tub or other body of water regardless of age or presumed ability.

Teach safety:

- Swimming lessons are an important step, but they do not make a child "drown-proof." Children need to learn other water safety lessons as well.
- Always wear a U.S. Coast Guard-approved personal safety device around oceans, rivers, lakes or when participating in water sports.
- Always swim with a buddy. Swimming alone is very dangerous.



Belcher
Elementary

BE COOL
WALK TO SCHOOL



Belcher Elementary will be the first school in the Heart of Largo Project to implement a walking school bus this Fall. There will be a parent planning meeting on Aug 11th from 5:30 - 7:00. Please contact Megan Carmichael at 727-373-8839 for more information.

Swim Scholarship 2009!

To get your application please come by:

Highlands Family Recreation Center
400 Highland Ave, Largo, 33770

OR

Southwest Pool
13120 Vonn Rd, Largo 33774

In order to receive the swim scholarship your child must qualify for free or reduced lunch in the Pinellas County Schools or equivalent. (proof will be needed when application is turned in)

For more information please call:

727-518-3126 for
Southwest Swim Lessons

OR

727-518-3018 for
Highland Swim Lessons

OR

Visit www.playlargo.com

Heart
of Largo
Let Smart Play Hard!



LARGO
Recreation Parks & Arts
www.PlayLargo.com

What is a Walking School Bus?

A Walking School Bus is an organized small group of students who are accompanied by one or more adults on their journey to and from school. Typically, the students live near one another. They may already walk to school, with or without adult supervision. The primary benefit of the Walking School Bus is that it provides a consistent, supervised system in which children can walk under the adult supervision. Although this may be the primary benefit, the Walking School Bus also offers many others.



- Children who walk to school with a walking bus are part of a large, visible, adult supervised group that is **seen safely** into school. This reassures parents who are concerned about letting their children walk on their own.
- The walking bus helps children learn **pedestrian skills** so that when they begin to walk on their own they are better equipped to deal with traffic.
- It encourages additional students to walk, introducing them to an important and easy form of **exercise**.
- It **reduces auto traffic**, particularly near schools during drop-off and pick-up times. Reducing auto traffic reduces air pollution and improves our local environment for everyone.
- It **strengthens communities** by getting schools, parents and students to work together for a common good.
- The journey to school gives children a chance to talk and **make new friends**. When they arrive at school they are done their chatting and are more ready to learn.
- Over time, parents become the "**eyes on the streets**" of their neighborhood. They can help identify problem intersections along the route and monitor them so children can cross safely. Eventually, networks of convenient Walking School Bus routes will evolve which provide safer passage for students and improve the safety of entire neighborhoods.

FUN Summertime Smart Snacking For Kids!

Quick Snacks

Whole fruit, sliced into finger foods

Berries

Raw, cut-up
vegetables

Graham crackers

String cheese

Crackers with low-fat
or fat-free cheese

Whole-wheat bagel and peanut butter

Lowfat or fat-free frozen yogurt

Easy-to-make snacks

Milk shake-ups: Pour fat-free milk, 100% juice, and ice in a covered container, Shake!

Fruit juice pops: Freeze 100% fruit juice in small paper cups or ice cube trays.

Crunchy banana: Peel bananas. Roll then in peanut butter or lowfat yogurt, and crush cereal. Freeze!

Peanut butter logs: Fill celery with peanut butter.

Cinnamon toast: Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.



<http://www.fns.usda.gov/fns/>