



# Parent Healthy News

**18Lifestyle**  
rsu mind culture body  
*Inspiring Balanced Lifestyles*



## Celebrate National Trails Day Saturday, June 1, 2019

Lace up your hiking boots, slip on your trail runners,  
Check the air in your bike tires and HIT THE TRAILS!

### Visit the RSU 18 Trails.

**China School Forest Trails** – behind China Primary School - a school-based demonstration forest.

**Messalonskee School Trails** between Messalonskee Middle & Messalonskee High School.

### Other Local Trails near you;

**Oakland** - Messalonskee Stream Trails

**Rome** - Mount Phillip Trail, French Mountain Trail

**Sidney** - Reynolds Forest

**Waterville** - Inland Hospital Trails, Quarry Road Recreation Area, North St. Recreation Trail. **Oxbow Trail** – Clean Up and Grand Re-opening – June 1 – on the east side of Cool St at the Lutheran Church – 10:00 am to 2:00pm Bags, gloves, refreshments & T-shirts will be provided

**Winslow/Benton** - **Rotary Centennial Trail, Winslow Community Trail**

For more trail information and directions, go to Maine Trail Finders at <http://www.mainetrailfinder.com/>

**April 12, 2019**

### Ribbon Cutting and Grand Opening of the Messalonskee High School Atletic Complex



Come enjoy the new Turf Field and Track Facility

Get your daily walks/runs on the Track oval that leads to the Messalonskee School Trails. All are invited.

**New England Livestock Expo “Kids Day” Event - May 16, 2019 at the Windsor Fairgrounds**  
NELE gives children the opportunity to see and learn about a variety of livestock and agricultural commodities, often with hands-on interaction. All RSU 18 Primary & Elementary Schools attended the Expo as part of the District’s Farm to School Program. Transportation was paid for by NELE, Maine Ag in the Classroom and other sponsors.

**Williams Elementary School students & staff enjoying their day**



**Welcome to James Fortunato  
The new Let's Go! 5-2-1-0  
& Community Health Coordinator  
At Northern Light Inland Hospital**

Northern Light Inland Hospital is a great supporter of the RSU 18 schools and our Let's Go! 5-2-1-0 program. Jim's role will be to coordinate the local area Family Fun Series and the Let's Go! 5-2-1-0 Program in our schools.



**Family  Day**  
Art at the Park  
With Common Street Arts

Thursday, June 6<sup>th</sup>  
4:00 to 6:00 pm  
Head of Falls, Front St. Waterville  
(near the 2 cent Bridge)

Come Be Creative and Paint & Have Fun  
For more information contact James Fortunato at  
**207-861-3392**

 **Northern Light Health**  
Inland Hospital

**Spring Grant Awards 2019**

**True Value Foundation “Painting a Brighter Future” Grant** –Atwood Primary and James H. Bean Schools were awarded 30 gallons of paint to revitalize their halls and classrooms from the True Value Foundation and Campbell's Agway True Value in Winslow. **Home Depot** provided two \$50 gift certificates for the purchase of painting accessories.

**NorthEast Livestock Expo & Maine Ag in the Classroom & sponsors** – Paid Transportation cost of \$4,805 for ATW, BCS, CPS, JHB, WES to attend the Expo at the Windsor Fairgrounds.

**Lowe's Toolbox for Education** Grant – WES & MMS each received \$5,000 each. WES will add new playground equipment and physical education interactive programs. MMS will use the funding for their SPARK physical activity program and a new shed to store their program equipment.

**Let's Go** mini-grants sponsored by Northern Light Inland Hospital, Let's Go! 5-2-1-0 & the Maine Prevention Services: ATW- \$1500 for a full Sensory Hallway, BCS - \$500, CMS- \$500, CPS - \$680, JHB - \$500, MHS - \$545, MMS - \$500, WES - \$710. All grants will support each school's Let's Go! 5-2-1-0 activities.



## **Help your kids stay safe and healthy while they enjoy summer fun!**

The final school bell will ring soon at RSU#18 schools. Are your children ready for summer fun?

- **Sunburn** - Wear sunscreen of at least SPF 30.
- **Hydration** - Staying hydrated in hot weather can help reduce the risk of heat-related illness. Have your children drink lots of water.
- **Heat-related Illness** - Try to stay in a shade during the hottest parts of the day.
- **Heat exhaustion** -- may include feeling thirsty, fatigue and cramps (legs or abdominal). If left untreated, heat exhaustion can progress to heatstroke.
- **Heatstroke** is serious. Symptoms may include the following: dizziness, trouble breathing, headaches, rapid heartbeat, nausea, vomiting, confusion and changes in blood pressure. Skin may be flushed and feel hot and dry (not sweaty).
- **Food Poisoning** - Summertime offers so many gorgeous days for picnics and cookouts. One of the best ways to avoid food poisoning during the summertime is to be sure food items that contain mayonnaise, milk, eggs, meat, poultry and seafood aren't kept at room temperature for more than **one hour**
- **Poison Ivy** - Symptoms of a poison ivy rash may include: itchy skin, redness or red streaks, small bumps or hives, blisters that drain fluid.
- **Safe Rides** – Make sure your child wears a helmet that fits properly and their bikes are the right fit.
- **Pool Safety** - Never leave kids alone near the **pool**, no matter what their ages or swimming capabilities are.
- **Ticks** – You can pick up a tick on the playing field, hiking or in your own yard while gardening or playing outside. Prevent tick bites and tick-borne illnesses with these four steps:
  - **Clothing** - Wear light-colored clothing and shoes during the summertime because they help you spot any ticks that may be crawling on you. Also, although it won't win you any fashion awards, tucking your pant legs into your socks can help minimize ticks crawling up your legs or into your shoes.
  - **Repellent** – use repellent safely. Read the directions.
  - **Know Your Enemy** - Ticks like to hang out in grassy or wooded areas, and they are especially fond of places that are moist or humid.
  - **Be Vigilant with Tick Checks** - Do a tick check on everyone in the family every night.
- For more information on Summer Safety <http://www.cdc.gov/Features/KidsSafety/>

