

Tips from the Trenches – Manz Elementary School

Topic: Safety Tips for Outdoor Activities

We know that families are often searching for tips/ideas about how to handle things at home. We plan to send out some “tips” written by our very own Manz staff members to provide families with some helpful information. **Thank you to Mrs. Bauer, Manz First Grade Teacher, for sharing her tips with all of us!**

Si usted quiere ayuda en interpretar esta carta, por favor póngase en contacto con el asistente de educación bilingüe al 715-852-3962 y deje un mensaje con su nombre y número de teléfono.

Yog koj xav tau kev pab kom koj nkag siab tsab ntawv nov zoo, hais ua lus Hmoob. Thov hu xov tooj rau koj tus menyuam lub tsev kawm ntawv yog 715-852-3962. Hais lus tseg, hais koj lub npe thiab muab koj tus xov tooj tseg. Peb ib tug neeg txhais lus mam li hu qhia rau koj kom koj nkag siab zoo tshaj qhov nov ntxiv.

Tip: As we say good-bye to winter (loudly and without reservation!), we begin to think about all the outdoor activities that families will be enjoying. Here are some reminders and tips to help keep families safe and healthy.

Bike Safety

Biking is an activity many families will enjoy with warmer weather just around the corner. It's great exercise and a fun way to spend time together. While there are many safety rules and guidelines that families follow, three that stand out the most include:

- wear a helmet
- know the rules of the road
- make sure your bicycle is in safe working condition

The Eau Claire Police Department is once again partnering with the Eau Claire Area School District to provide education on biking with a bike rodeo. The tentative date, time, and location are: Thursday, May 23rd at Sherman Elementary School from 4-7 pm.

Additionally, Mayo Clinic Health Systems will offer a Safety Camp **for students entering 4th or 5th grade**. Bike safety will be one of many topics covered. The scheduled date is Tuesday, June 25, 2019 from 7:30 am – 5:00 pm at Carson Park in Eau Claire. There is no cost. Lunch and snacks are included, and campers receive a free t-shirt. Registration is required. Click on the link for more information.

<https://mayoclinichealthsystem.org/classes-and-events/safety-camp-eau-claire>

Sun Safety

Living in Wisconsin, we're fortunate to have great sunny summer days. It's important to keep our skin protected from the harsh rays of the sun.

The American Cancer Society uses the catchphrase, "Slip! Slop! Slap!® and Wrap"

- **Slip** on a shirt.
- **Slop** on sunscreen.
- **Slap** on a hat.
- **Wrap** on sunglasses to protect the eyes and skin around them.

More information can be found at:

- <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>

More Safety Information

Because families engage in a wide variety of summer activities and I only have a short amount of space to share my tips, I'm also including a link from the Wisconsin Department of Health Services that covers a broad range of warmer weather safety information.

<https://www.dhs.wisconsin.gov/climate/weather/summertips.htm>