

School Health News



CHARTER SCHOOL NURSING SERVICES



MAY 1, 2010

CONGRATULATIONS GRADUATES!!

We at Charter School Nursing Services would like to say CONGRATULATIONS to everyone who is graduating this year. Whether you are a 5th grader moving up to middle school, an 8th grader moving up to high school, or a 12th grader graduating from high school, all of your hard work and effort have paid off! A great new adventure is starting for you - enjoy yourself and be proud of all that you have accomplished! We sure are.

Summer Water Safety

It's that time again - hot summer weather in Albuquerque means we all like to spend time in the water, keeping cool. That's great! Just be sure to follow a few basic water safety rules this summer- and always, really:

Learn to swim - if you don't swim well, you can take swim lessons at any of the city pools this summer.

Children must be supervised at all times - if you have a child, or even a baby brother or sister, make sure that someone is keeping an eye on them when they are around the water!

Don't rely on floaties or blow up rafts to keep you safe - there is no good substitute for learning how to swim.

Never swim alone.

Swimming and alcohol or drugs DO NOT MIX!

Never dive into the water if you can't see the bottom- Remember, feet first, first time. People have broken their necks diving into water where they could not see the bottom.

Water is such a big part of a fun summer here in New Mexico because it does get pretty hot. We want you to have fun in the water, and part of having fun is not having to worry about getting hurt. If you follow these few simple steps, you can be safe and cool this summer.



Volunteer for Fun

Looking for something new to do this summer that doesn't cost any money? How about volunteering your time? Did you know that research shows the people who volunteer their time have higher self esteem and less stress than those who don't volunteer? It

may have something to do with the good feeling that comes from helping someone who has less than we do. Also, keeping busy makes it so we don't have so much time to worry about what is happening in our own lives. There are so many places in town that would love to have some extra help this summer. You can try the animal humane society, the road

runner food bank or the libraries. If there is some place that you have always been interested in helping or learning more about, like a clothing store or any kind of shop in your neighborhood, all you have to do is go in and talk to the manager. Let them know that you are interested in



learning and would like to volunteer your time. The nice thing about volunteering is that you can do it as much or as little as you like! For more great ideas on volunteer opportunities, you can check out the Mayor's volunteer program at <http://www.cabq.gov/move> or call them at (505) 768-3011 and ask how you can get involved.