

May Counseling Newsletter

Iroquois CUSD Unit #9

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Theme for May: *Summer Safety*



Safety Tips for Summer

Driving

- Buckle up.. Properly! Bottom strap across hips and shoulder strap across chest
- Do not be distracted by other passengers, cell phones, motorists, radio, etc. Stay focused
- Obey car and booster seat guidelines

Swimming and Diving

- Do not dive in less than nine feet of water.
- No board, no diving!

Bicycle Riding

- Wear a helmet.. Properly! A helmet should be snug, fitted, and level.
- Replace helmet if cracked

Heat Injury Prevention

- Drink plenty of water
- Avoid heavy meals at lunch time
- Use sunscreen whenever exposed to the sun
- Follow recommended work/rest cycles



SAFE SUMMER ACTIVITIES FOR FAMILIES

1. **Pick your own...whatever.** Find a farm with blueberries, strawberries, tomatoes, flowers, etc., and get picking.
2. **Play outside or ride bikes.**
3. **Make your own rain.** Spray everyone with the hose or sprinkler.
4. **Cook out...frequently.** Go beyond the burgers. Try veggies or fish. The kids might like them more if they come off the grill!
5. **Make "s'mores."** Chocolate + marshmallow + graham cracker = summer
6. **Camp out.** First-timers, try backyard camping.
7. **Camp in.** Put the sleeping bags on the floor and have a family slumber party.
8. **Stargaze.** Invite friends and make a party of it.
9. **Catch lightning bugs.** And then watch them flicker away into the night.
10. **Have a game night.** Cards, or a board game.
11. **Go to the demolition derby.**
12. **Go to the zoo or the beach.**
13. **Go to a park or a nearby swimming pool.**
14. **Pack a picnic.** Go to a park or even the backyard.
15. **Grow vegetables.** And then cook with them and eat them.
16. **Let the kids cook dinner.** In fact, make a tradition of it.
17. **Go to a carnival or county fair.** Eat a favorite carnival food.
18. **Decorate your walkways with chalk.**
19. **Take a hike.** Choose a route near your house or drive to a park.
20. **Make fresh lemonade.** Maybe even sell it at a lemonade stand!
21. **Take a road trip to a nearby city.**
22. **Go to a matinee.** Find a bargain movie houses and pay less.
23. **Read a chapter book aloud.**
24. **Teach the kids a game you haven't played since you were a kid.**
25. **Make ice cream.**
26. **Go fishing.**
27. **Paddle a kayak or a canoe.**
28. **Jump rope.**



Taken from The Spruce by Laureen Miles Brunelli

