



## WMRSD Leaders and Learners – Your Community Connection White Mountains Regional School District

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### At Lancaster Elementary School

#### From Trish Belanger, School Nurse - Heat Exhaustion and Heat Stroke in Children

Now that we finally have some warmer weather we need to be thinking about sun and heat safety. Children are at high risk to develop heat exhaustion and heat stroke. It is important that measures are taken to reduce the risks of heat exhaustion and to be aware of signs and symptoms of both heat stroke and heat exhaustion.

To Reduce the risk of heat exhaustion and heat stroke:

**-Wear loose-fitting and lightweight clothing.** Please be sure children are dressed appropriately for the hot weather. Consider wearing a sun hat or baseball cap when outdoors.

**-Stay well hydrated.** Hydration is very important when outdoors in the heat.

**-Limit physical activity during the hottest parts of the day (11am-2pm).** This is important and children should not be outside for extended periods during the hottest parts of the day. Children need hydration and breaks from the sun and heat.

**-Sunscreen.** Sunscreen helps to protect children from harmful UVB/UVA rays.

SIGNS OF	
HEAT EXHAUSTION	HEAT STROKE
DIZZINESS & FAINTING	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
RAPID, WEAK PULSE	RAPID, STRONG PULSE
NAUSEA OR VOMITING	NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN	RED, HOT DRY SKIN
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS

A central graphic shows a stylized human figure split vertically. The left side is orange and represents heat exhaustion, with a blue thermometer icon and a blue sweat drop icon. The right side is red and represents heat stroke, with a red thermometer icon and a lightning bolt icon. A heart with a pulse line is on the chest, and a target symbol is on the abdomen.



## **At Whitefield Elementary School**

In the past two weeks WES has been fortunate to have some alumni join us as substitutes. This is a perennial happening and an opportunity for those studying to become professional educators to get their feet wet. Macee Smith and Maci McKillop are spending some time at WES this spring after completing their formal educator prep programs. Both Macee and Maci have elementary teaching positions lined up in the north country for the fall and are excited to be beginning their professional careers.

Ella Myles, Carrisa Chalinore and Isabella Cronin have returned from college and have been substituting to support students and classrooms as needed.

## **At White Mountains Regional High School Sustainable Culture Showcase at White Mountains Regional High School**

In collaboration with the North Country Alliance for Balanced Change (NCABC), the Society of Sustainable Spartans (SOSS) is hosting middle and high school students from surrounding areas to participate in an educational showcase demonstrating Sustainable Culture in the North Country. Students attending will be encouraged to display a poster or share a demonstration related generally to the themes of sustainability and the environment. Local educational leaders will present new technology that will help measure and monitor air and water quality.

This is an opportunity for students to showcase their learning and understanding about these vitally important topics. One goal is to raise awareness and take steps to protect water—drinking and recreation. To that end, guest speaker State Representative Wendy Thomas will present about the forever chemicals of per-and polyfluoroalkyl substances (PFAS) found in many heat, water and oil resistant materials. Both NCABC and SOSS hope that students and community members will be motivated to learn more and to take action steps around the 3 R's (reduce, reuse, recycle) that can positively impact water quality.

The public, parents, local legislators, and the press are invited to attend the event. Please register if you are interested in attending. <https://forms.gle/stTyMeBXWsTvf9o5A>