

JUNE

# MONTHLY ANNOUNCEMENT RESOURCE GRADES 6-12

## BOOST YOUR BRAIN WITH SUMMER SUN AND ACTIVE FUN

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



### Announcement #1:

Did you know that vitamin D is called the sunshine vitamin? Our bodies make vitamin D when we are exposed to sunshine. Vitamin D helps our body absorb calcium and makes our bones and muscles strong. It even helps our immune system fight off colds and germs. Other sources of vitamin D include milk, yogurt and cheese. Eat well and get summer active today!



### Announcement #2:

Summer is a great time to get outside and be active!!! Plan to enjoy your summer, as it is only two months of the year! Go for a walk, join a sports team, do some cycling, climbing or camping with your family. When our skin is exposed to the sun, our bodies make vitamin D, which works with calcium to keep our teeth and bones strong. Make a summer plan to take a break from technology and spend some time outdoors!



### Announcement #3:

Dehydration means that your body has lost too much water because of sweating or not drinking enough water. Staying hydrated is very important every day, but even more important on hot summer days! When we lose water from our body through sweat, it needs to be replaced. So, make sure you remember to sip on water throughout the entire day so your whole body can stay healthy.



### Announcement #4:

Did you know that your brain will keep growing and changing throughout your whole life! The nutrients from your food are the building blocks for your brain to grow. When you are physically active, more blood flows to your brain, which means that there are more nutrients going to your brain to help it grow big and strong. Boost and rejuvenate your brain by eating a variety of nutritious foods and being active this summer!



### Announcement #5:

Do you know what it means to be Sun Smart! Being sun smart means protecting yourself from harmful sun rays while you are doing outside activities. Protect your body including your ears, eyes, and nose by applying a sunscreen of at least SPF 30, even on areas like your arms and legs that will be covered with clothing. Wear a wide brimmed hat and sunglasses! During peak UV index times of the day (11 a.m. - 3 p.m.) seek shade. Remember to take frequent breaks to go inside on hot days to get cool and drink some water.



### Announcement #6:

True or False? Question: You can get a sunburn or sun damage to your skin when it is windy, cloudy or cooler? This statement is true. Even on days when the sun is not brightly shining you can still get a sun burn. Enjoy some summer fun but make sure to cover up and wear sunscreen each time you are being active outside!



Healthy Learner Team  
ASD-W

