



Healthy Bites

HERE ARE SOME HEALTHY BITES YOU MIGHT FIND HELPFUL.



Epi Corner

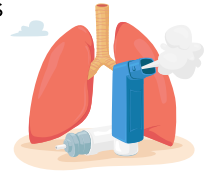
Spending time outside is a great way to stay healthy, but be mindful of too much sun exposure!

- Skin cancer is America's most common cancer.
- At least **1 in 5** Americans will develop skin cancer by the age of 70.
- UV rays can reach you on cloudy days and reflect off surfaces like water, sand, and cement.
- Learn more about Skin Cancer Awareness [HERE](#).



May is Asthma Awareness Month

- Asthma is one of the most common and costly diseases in the United States.
- It is a leading chronic disease in children, with about 5.1 million children under the age of 18 with asthma.
- Black children are nearly three times more likely to have asthma than white children.
- Learn more about Asthma [HERE](#).



School News

Graduation: Assigned nurses, please check your emails for graduation updates. Stay up-to-date on all things graduation [HERE](#).

Summer School: COVID-19 surveillance testing will continue in the summer. Please reach out to the Health Services with any questions.

Rising 7th and 11th Grade Immunizations:

Remember to schedule the Ronald McDonald Care Mobile, if you have any students that need immunizations.



Health Services Spotlight

This month, we celebrated our AWESOME School Nurses during Nurses Week (May 6 - 12, 2022).

Click [HERE](#) to learn more about our amazing APS nurses!

We also celebrated the newest addition to our APS family. Congratulations, Nurse Owens, on the arrival of your baby girl!



Health Tips While You Enjoy #HotNurseSummer



1. **Stay hydrated:** Aim to drink at least eight glasses a day and eat snacks with high water content. Check out these [infused water ideas](#) for more refreshing ideas.
2. **Wear sunscreen:** Use at least an SPF 30, and remember to reapply often! Sunscreen should be applied 30 minutes before sun exposure.
3. **Include a summer salad in your lunchbox:** Want to freshen up your lunch? Check out these [salad ideas](#).

"Summertime is always the best of what might be."



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