

# Healthy Vikings Newsletter

June 2024

## Helping our students and families stay healthy!

Welcome to our Healthy Vikings Newsletter! Be on the lookout throughout the year for posts that will help you with...

- Healthy meal ideas
- Fighting colds & flu
- Ways to build fitness
- Concussion recovery
- Allergies to environment and foods
- Parenting for different ages and stages
- Dealing with Asthma
- Understanding Diabetes

and much, much more...



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## Recipe of the Month

### What's better than Campfire Cooking!



### Camping Recipes - Amanda Outside

Find Your Next Camping Recipe! Your one-stop for delicious camping meals! From breakfast to dessert, we've got you covered with some easy camping food that everyone will love! Browse By Method What's trending: Plan your next camping meal! Get new camping recipes to your inbox!

[amandaoutside.com](https://amandaoutside.com)

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## Be on the Lookout in your mailbox this Summer



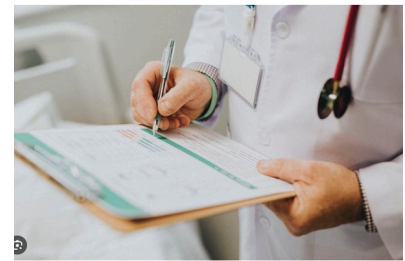
### Immunization Notices

Please read the notice carefully & **make your appointments ASAP.** Parents have until the end of the first day of classes to turn them in. **After that, students will not be allowed in classes until documentation is received.**



### Sports physicals

Physicals that were done at school in April will be sent home in with their report cards.



### Medical treatment forms for Asthma, Diabetes, Seizures, Anaphylaxis

Blank forms for your doctors to complete. Take them with you to your Summer appointments. Emergency Medical plans must be renewed each year.



### In the Pool



### At the Lake



### Our littlest swimmers

## Safety in the water

Swimming is one of the best summer pastimes there is... doing it safely is critical...

Thoughts on how to keep you and your kiddos safer.

- **GET SKILLED:** Getting swim lessons is a must! Either by family or professionally trained instructors. Even babies can be trained to float on their backs in case they fall into a pool.
  - **BUDDY UP:** Never swim alone. Always swim with a partner who can help if needed. Besides, it's more fun together.
  - **KNOW THE LIMITS:** If they aren't a strong swimmer, they should only swim where they can touch the bottom. If they tire easily, a floatation device should be worn.
  - **SWIM WHERE SOMEONE CAN SEE YOU:** Like lifeguards watching or parents at pool side. They really need to keep eyes on the swimmer, not streaming on their phone, buried in a book or napping. It only takes a second to lose sight of a swimmer in trouble.
  - **KNOW THE HAZARDS OF YOUR LOCATION:** If you are at the lake...
    - Understand that the depth can change abruptly and what was safe at first can drop off quickly to dangerous lows. There are underwater cliffs that drop off very abruptly. Our lake is over 200 feet deep in the middle.
    - Beware of the Zebra Mussels and their razor sharp edges. Wear foot gear to protect from the cuts.
    - Watch for algae blooms in coves or areas where water is moving slowly. Natural water bodies may contain organisms or algae that is harmful to humans and pets.
    - Do not dive unless you have carefully checked out the depth. Lake Travis is not a constant level lake. Its depth changes all the time. A previous site may have been safe last summer but is now dangerous because of a lower lake level.
    - Be on the look out for boats & jet skis in your area. They can't easily see a swimmer in the water and could collide with terrible consequences.
    - Alcohol and water do not mix. Alcohol is responsible for many water related injuries and nearly half of all drownings.
    - Never swim in the dark. Ever....
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## **Parent Child Connection**

### **Face-to-face Fun**

Put the electronics down and connect! Have a fun and inexpensive family night by playing one of these kid-friendly card games.

<https://www.todaysparent.com/family/activities/10-kid-friendly-card-games/>

## **Laughter is the best medicine**

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**“At Survival Camp, I learned how to  
make an iPod from mud and twigs!”**



**Regina Carmichael, RN**

Your School Health website... <https://www.lagovistaisd.net/page/schoolnurse-Home>

**Contact**