

NEwsletter^{May}

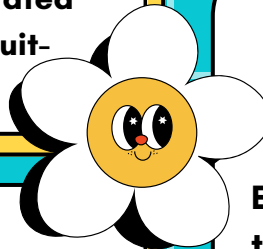


May is a time for celebrations and outdoor fun, but it's also important to stay healthy and safe as the weather warms up. This month, we're sharing tips for planning healthy celebrations, practicing sun safety, and staying hydrated.

Celebrate the Healthy Way

End-of-year parties and celebrations are a great chance to showcase healthy choices:

- **Healthy Snacks:** Serve fruit platters, veggie cups, and whole-grain crackers with cheese.
- **Active Games:** Incorporate games like relay races or a hula hoop contest into the festivities.
- **Water Stations:** Keep everyone hydrated with a fun water station featuring fruit-infused options.



Sun Safety Tips

As outdoor activities increase, protect your family from the sun's harmful rays:

- **Sunscreen:** Use sunscreen with SPF 30 or higher and reapply every two hours.
- **Protective Clothing:** Wear hats, sunglasses, and lightweight long sleeves when spending extended time outdoors.
- **Timing:** Avoid the strongest sunlight between 10 a.m. and 4 p.m.

Contact Us

If you have any questions or would like to get involved, please contact:

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Enjoy a healthy, safe, and sunny May!

Hydration for Hot Days

Encourage hydration with these tips:

- Keep a reusable water bottle handy.
- Add natural flavor with lemon, cucumber, or mint.
- Limit sugary drinks and opt for water or milk instead.

