

Keystone Korner



TODAY'S HEALTH MESSAGE: SUN SAFETY!

Today's health tip is about **Sun Safety**. With nicer weather finally arriving and summer around the corner we will all be spending more time outdoors.

The sun is an amazing star. It lights up the earth and warms our days. It not only helps plants grow, it also helps us grow and stay healthy. When our skin is exposed to the sun our bodies make Vitamin D. Vitamin D and calcium help to make our bones strong.

BUT- too much sun is not good. Too much sun exposure can cause you to get a sunburn which damages your skin. Too much sun can also damage your eyes.

So how do you get the good stuff from the sun, like Vitamin D, without the damaging effects? Here are some tips:

- Wear sunscreen- 30 SPF or higher and reapply it every couple hours. The lighter your skin the more chance you have of getting sun damage, BUT whether light skinned or dark skinned, everyone can get sunburn and should wear sunscreen.
- Along with using sunscreen, wear a hat with a brim to protect your face and neck. Clothing is also protective. If you are at the beach, wear a shirt or rash guard that you can swim and play in. Some clothing items, especially beachwear, specify their SPF (sun protection factor) number.
- Go inside for lunch or a break when the sun is the strongest in the middle of the day
- And don't forget those sunglasses. They will help protect your eyes.

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Week of 5/3 - 5/7

Teacher Appreciation Week

Thank you to all of the Principals, Administrative Assistants, Teachers, Nurses, Counselors, Social Workers, and all of the other wonderful faculty and staff for all your hard work and dedication in helping the Keystone community get through this challenging year.

SUN SAFETY

Here is a link to a cute 3 minute video about sun safety that you can watch with your children.

[Sun Safety](#)

May's Character Trait - Empathy April Students of the Month: Perseverance

Kindergarten - Bradley Wendler, Monique Williams, Nathan Hill, Emalyn Waddle, Jaiden Rodriguez, Kayla Perez-Rangel, Quran Nieves, Mekenzie Hilton, Frankie Gushue, Karolina Karakova-Salimova, Morgan Compare

1st Grade - Maya Jean Charles, Saleem Nero, Anet Tena Dalmasi, Jahsiah Campbell, Kyle Volze, Lorpu Williams Kelly

2nd Grade - Jake Alvarez Morocho, Franchesca Aiello, Sky Ramos, Jagrut Patel, Noah McCurdy, Sophia Romer

3rd Grade - Marianne DeGuzman, Anthony Sassani, Madison Egan, James Tallman, Josiah Grant Cedeno, Haley Meade, Mikayla Oestreich

4th Grade - Darwin Arana Thevenin, Chance Springfield, Dalia Diaz, Savannah Swope, Harley Palencik, Escarlet Jarama Morocho, Giovanni Metz-Hyatt, Jerry Bradley

5th Grade - Anthony Dominguez Moreno, Walter Updike, Antony Trigilia, Alma Herrera, Whennie Dahnkuan, Aliyah Bryant

5 virtual learning tips from our SAP Counselor:

[Virtual Tips](#)

For additional information please be sure to visit our website [Keystone Counseling](#)