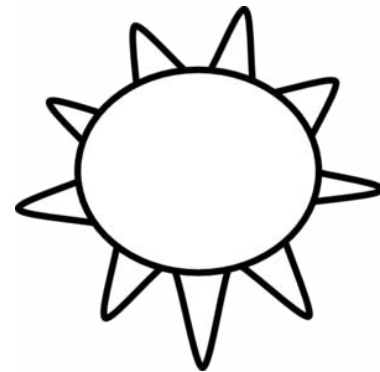
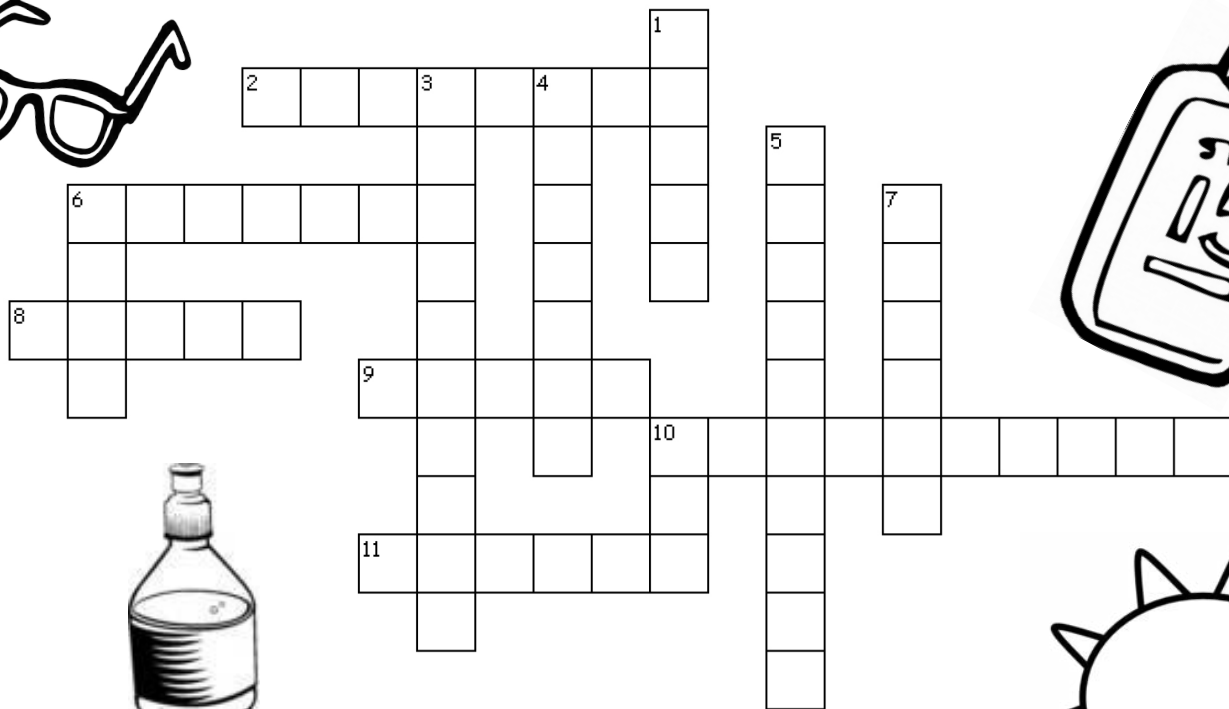


SUMMER SAFETY CROSSWORD PUZZLE



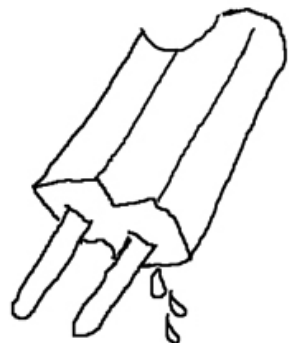
Across

2. A frozen summer treat.
6. You need to wear Sunscreen with at least SPF 15 to prevent this.
8. Use insect repellent when playing outside to prevent bites from mosquitoes, fleas, and...
9. You should drink lots of this to stay hydrated in the summer.
10. If not treated, heat exhaustion can turn into...
11. You should always wear one of these when biking, skating or scooting.

Down

1. Vacation spot with lots of sun, sand, and swimming.
3. Wear these over your eyes to prevent sun damage.
4. Wear light, loose-fitting _____ to help stay cool.
5. You should always wear one of these when boating (two words).
6. To prevent drowning, take lessons to learn how to...
7. Summer month after July
10. Wear one of these on your head to prevent sunburn.

Color Me!



Sponsored By...



The Heads in Helmets program, sponsored by Spiva Law Group through the Justice For Children Foundation, is committed to preventing brain injuries in children by providing FREE helmets to families.

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www.headsinhelmets.com

SUPER KIDS



Brought to you by the Justice for Children Foundation

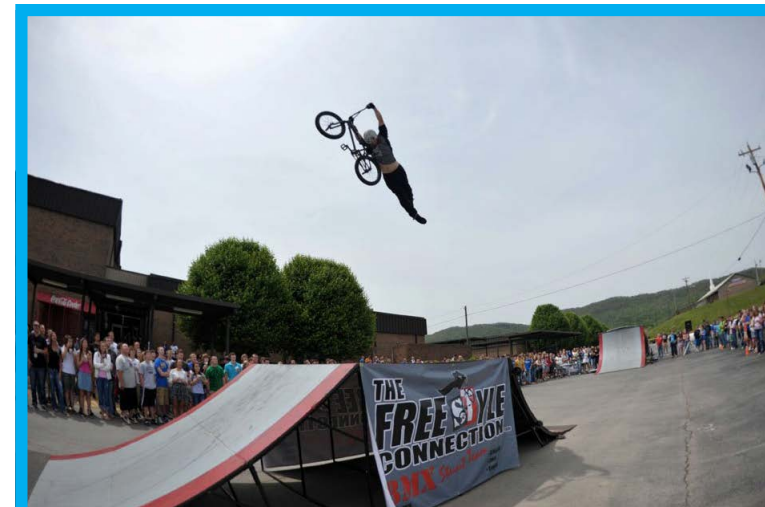
May was full of fun & giveaways from Heads in Helmets!

On May 17th, we set up a booth at the Georgetown PTA's annual Spring Fling, where we gave away a whopping 300 helmets to local kids. It was a day of family fun filled with sunshine, games and activities, and even a BMX stunt show from The Freestyle Connection. The day finished out with raffle winners, including our own giveaway of a brand new bike, which was won by Caleb Bechitt.

On May 19th, we headed to Largo Tibet Elementary School, where we taught the preschool classes some important lessons in bicycle safety, and gave out 46 helmets!



Caleb Bechitt won the Head in Helmets Bike Raffle at the Georgetown PTA Spring Fling



BMX Stunt Group The Freestyle Connection performed at the Georgetown PTA Spring Fling
www.thefreestyleconnection.com

UPCOMING EVENTS

- July 11th Helmet Giveaway at F.R.I.E.N.D.S Social
- Skills Summer Camp
- www.friendsofcoastalgeorgia.com
- Coming Fall 2014 Annual Chili Cookoff Fundraiser
- Open to all Teams, including individuals. Date TBD

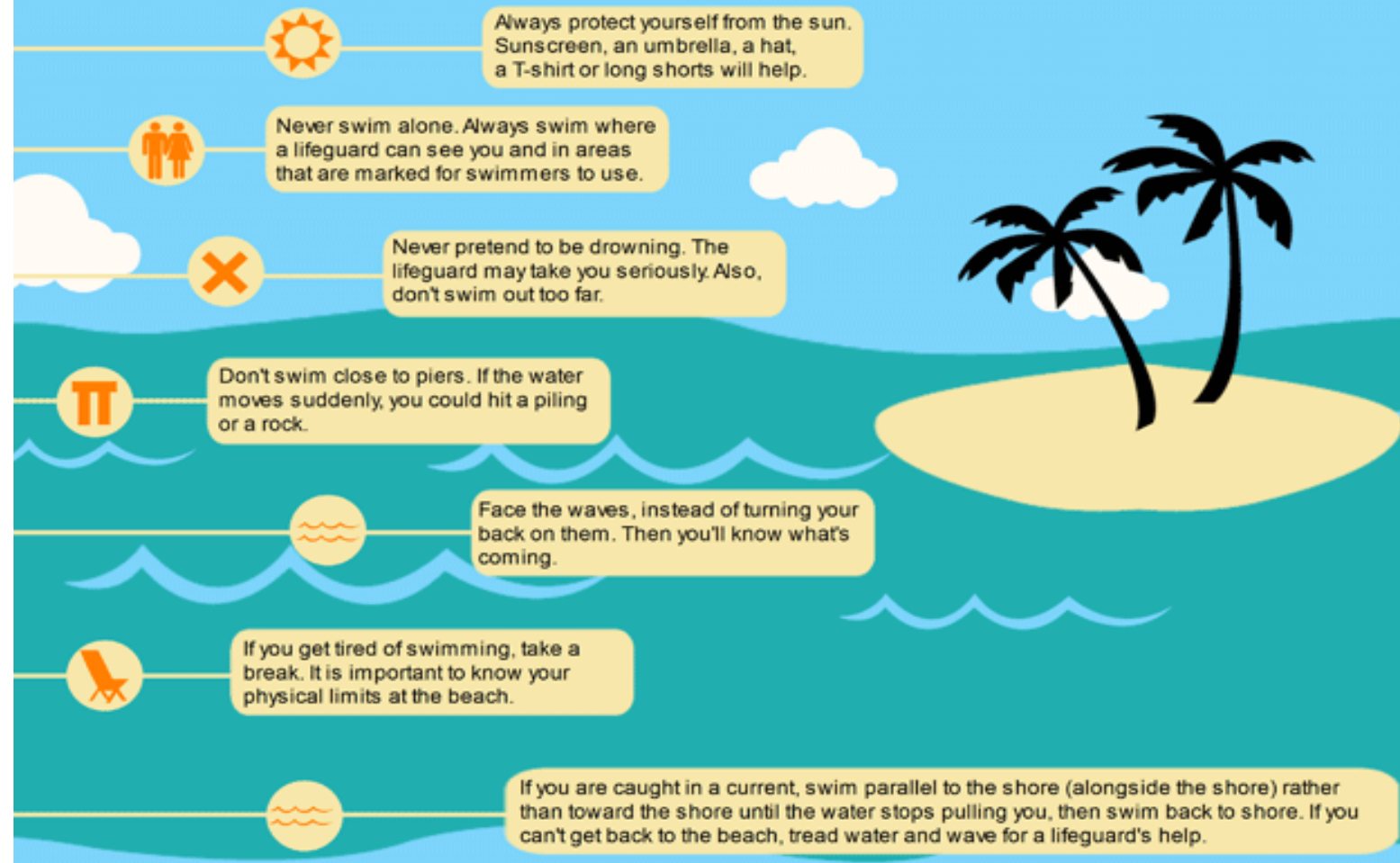


SAFE Fun in the Sun

- ☀️ Wear your sunscreen! SPF 15 or higher!
- ☀️ Drink lots of water!
- ☀️ Wear loose, lightweight, light colored clothes!
- ☀️ NEVER hang out in a hot car!
- ☀️ Don't play outside when the sun is right over your head in the sky!
- ☀️ Only go swimming when an adult is around to watch you!
- ☀️ Always wear a lifejacket when you're in a boat!



MAKE A SPLASH WITH BEACH SAFETY



CREATE YOUR OWN SAND ART

WHAT YOU'LL NEED

Sand (you can sub table or Epsom salt), plastic zipper bags, food coloring, glass or plastic containers with lids or corks, funnel (or paper rolled into a home made funnel!)

MAKE YOUR COLORED SAND

1. Scoop a little sand into plastic baggies.
2. Add around 10-15 drops of a different color food coloring to each bag
3. Seal the baggie and shake it up until sand is evenly dyed
4. Let the sand dry thoroughly. Now you're ready to create sand art!



CREATE YOUR SAND ART IN A JAR OR BOTTLE

1. Use the funnel to pour layers of different colored sand into your bottle. Twist tilt you bottle as you pour to create different effects.
2. Once your bottle is full, you can stick a popsicle stick or pencil in along the sides to create designs.
3. Seal with lid or cork, and display!



NEVER leave children in a parked car!



Temperature inside a car
After 20 min. - 125°F
After 40 min. - 140°F
*when it is 93°F outside

Parent's Corner

Travel Tips for Your Summer Vacation

- Have children avoid reading in a moving car, and have them shut their eyes or look at the horizon if they experience motion sickness.
- To combat jet lag, have kids take short daytime naps instead of a long nap, expose them to sunlight, and follow the local time zone.
- To minimize ear pain in children during air travel, infants should bottle or breast feed and older children can chew gum, swallow, or yawn.
- To avoid high altitude sickness, travel no higher than 8,200 feet with a child. If you do travel higher, try to go up no more than 984 ft per day with a rest day every 3,280 ft.
- Water may not always be safe for drinking or swimming, even in the U.S. Check with local health authority to make sure river, lake and ocean water is safe before swimming, and avoid drinking tap water while traveling. Also, avoid eating raw or undercooked meat or vegetables, especially overseas.
- Discuss your travel plans with your child's physician 4-6 weeks before travel to find out if any vaccinations are necessary. Travel with Benadryl, or your child's EpiPen or inhaler in case you encounter new allergens.