

April 12, 2019

Dear Families,

Our teachers integrate health lessons into many areas of the curriculum in order to support our students' physical and social-emotional development and well-being. Students read, write, and learn about topics such as ways to prevent injury and illness, how to manage emotions, and medicine safety rules.

This spring, students learned about **bus safety** from a robotic bus named *Buster*. The presentation addressed how to be safe inside a vehicle as well as when walking around/near a bus or car. In physical education and art class, students learned about **pool safety**. Mrs. McLaughlin and Mr. Malone taught lessons about water safety and the children played games reinforcing the concepts in the gymnasium. They created posters in art class representing the following tips:

1. When you're near water, a grown-up has to be with you.
2. Never go in a pool without an adult!
3. When you swim at a beach, make sure there is a lifeguard on duty.
4. Always swim with a buddy.
5. It's important for kids to take swimming lessons!
6. Always wear a life jacket if you are on a boat.
7. Never use a blow-up tube or noodle instead of a life jacket.
8. Dial 911 if there is an emergency. Kids have to know their own address!

All posters have been submitted to the **Be Pool Smart** poster contest sponsored by Suffolk County Legislator, William Spencer.

As a school community, we are also committed to children's digital health. Our school Library Media Specialist, Ms. Urso, teaches children about online safety. (e.g. *always ask an adult before going online, only communicate with people you know, stick to sites for kids*) At last week's GPFA meeting, Mrs. Schmid, our school psychologist, and I discussed some of the issues related to the impact of digital devices on young children. We discussed the importance of teaching and modeling balance and appropriate use of devices and the importance of limiting screen time for young children.

To support parents' efforts and to help families engage in activities together, we will be honoring **National Screen Free** week as a school community the week we return from spring break. The goal is to eliminate screen-based entertainment for one week. I will be sending home tips for parents for ways to make the week enjoyable! At Goosehill, we will be screen-free that week as well! We hope the experience will help us all reflect on our use of screens for entertainment and give us ideas that will help us achieve balance and promote face-to-face interactions, play, reading, and hands-on exploration in our children's lives.

Have a wonderful weekend!

Warm regards,

Lynn Herschlein