SAFETY FIRST.

Lightning can strike even if it’s not raining and the skies around you are sunny! Indeed, lightning often strikes 3 miles from a thunderstorm and may even strike 10 miles away! Put simply, if you can hear the thunder, you could be in danger, so the time to get out of harm’s way is when that first distant rumble comes from the sky. And getting to safety DOES NOT mean sheltering under a tree, or a tent, or another open structure like a picnic pavilion! Those are some of the most dangerous places you can be. Get indoors as quickly as you can, or in a car if you can’t possibly get inside. Bottom line: always follow this one simple rule, “If thunder roars, stay indoors”

EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.
EAT BETTER
Try lots of different fruits, veggies, and whole grains for a healthy diet. You’re bound to find a few you really like!

QUINOA
Pronounced "keen-wah," this South American food is the ancient “gold of the Incas.” Quinoa has a crunchy texture and light, nutty flavor, and it provides a dozen key nutrients, including more iron and protein than most plant foods and much more fiber than most other grains.

LIVE HEALTHIER
Want to improve your stress level this summer? Try planting a small vegetable, flower, or herb garden!
If you don’t have outdoor space, plant a few pots, indoors or out. Gardening is good for our well-being, allowing us to slow down a little and feel grounded (literally!), relaxed, and connected to living, growing things – things that can also be beautiful and/or delicious! Never gardened before? Start small.
A packet of basil seeds planted in a big pot will deliver great fresh flavor for many months in your kitchen!

PLAY HARDER
Thunder and lightning are a serious matter when you’re playing in or watching an outdoor sporting event. It might seem silly to stop playing when the sun’s still shining, but many sports (for kids or adults) require play to halt until there’s no thunder for 30 minutes.

LEARN EASIER
Cramming is no way to eat – or study. When you cram the night before a test or quiz, you don’t learn as well and you don’t remember much of what you take in for very long either – maybe not even until the test the next day. Better to study for a shorter period for each of several nights before the big day.

This newsletter is provided as a wellness resource by the Augusta School Nutrition Program.