



FOCUS ON:

fun in the sun

How can I protect my child this summer?



Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.



Cover up. Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.



Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.



Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.



Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors and every 2 hours after. Don't forget to protect ears, noses, lips, and the tops of feet.

Resource: www.cdc.gov

Skin cancer is the most common form of cancer in the United States. The following statistics refer to melanomas of the skin.

Non-epithelial skin cancers, which are not reflected below, represent 7% of skin cancers that are tracked by central cancer registries. These statistics also do not include data for basal cell and squamous cell carcinomas, which are not tracked by central cancer registries.

In 2010 (the most recent year numbers are available):

- 61,061 people in the United States were diagnosed with melanomas of the skin, including 35,248 men and 25,813 women.
- 9,154 people in the United States died from melanomas of the skin, including 6,002 men and 3,152 women.

Resource: www.cdc.gov

What's Happening this Month in Health Services?

We are starting to gear up for the next school year! If your child requires a health care plan and or medication a school you should be receiving the paperwork via the mail. If you do not receive it by July 1st, or you misplace it, the forms can be found on the district web site at:

<http://www.wpusd.k12.ca.us/Parent-Resources/Health-Services/index.html>

10 Fun Things to do With your child this Summer:

1. Read books
2. Do yard work together
3. Play dress-up
4. Build a secret fort
5. Wash your car
6. Go on a bug safari
7. Bake cookies
8. Make sidewalk chalk art
9. Play hide-n-seek
10. Teach your child to sew



Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **peppers**



Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use *Harvest of the Month* to learn how to eat more fruits and vegetables and be more active.

Produce Tips

- Look for firm peppers that have thick, shiny, smooth skin and green stems.
- Choose sweet peppers with a solid color—green, yellow-orange, or red.
- Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
- Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.
- **Helpful Hint:** Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

Healthy Serving Ideas

- Slice raw sweet peppers and serve with lowfat dip for a snack.
- Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
- Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
- Add chopped sweet peppers to salads or stir into soups and pasta sauces.
- Try a new pepper variety each week.

VEGETABLE QUESADILLAS

Makes 4 servings. 1 quesadilla each.

Cook time: 15 minutes

Ingredients:

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded lowfat cheese

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:
Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Do sit-ups and push-ups during TV commercials.
- **At work:** Go for a one-mile walk (about 25 minutes) during lunch.
- **With the family:** Visit a local or state park and go for a hike.

To find a park in your area, visit:

www.parks.ca.gov

Nutrition Facts

Serving Size: ½ cup chopped sweet green pepper (74g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 99%	Iron 1%

How Much Do I Need?

- A ½ cup of chopped peppers is about one small pepper.
- A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Choose all forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. They all count towards your daily amount!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What's in Season?

California grown peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B₆: avocados, bananas, and potatoes.