

# Healthy

May 2020 Parent Newsletter

## Water Facts

We use water in many ways every day. Every system in our body depends on water. We need water to:

- Cool our bodies (when we sweat)
- Help with digestion
- Absorb and carry nutrients throughout the body
- Remove wastes and help the body repair itself
- Act as a cushion for our organs and joints

Our body also loses a lot of water through the skin, when we breathe and through our urine. To maintain a balance we need to make sure we are drinking enough water and other healthy fluids to replace what we are using.

Kids will usually drink when they are thirsty. Make sure they have water available to drink throughout the day. Tap water in schools is safe. It is tested regularly for germs and chemical content. Often children will bring water bottles to school that can be filled with tap water. These bottles must be kept clean so kids don't get sick. Here are some guidelines to follow when drinking from water bottles:



- Reusable water bottles should be brought home to be washed at least once a week. They should be washed with hot soapy water and allowed to dry.
- The bigger the opening on the container, the easier it is to clean.
- Single service bottles, such as those used for bottled water that you buy at the store, should not be used more than one time. Exposure to heat can cause a breakdown in the plastic and these bottles are not made of durable plastic designed for cleaning.

Drinking water every day is a simple way to stay healthy and feel great!

## Articles

Water Facts

Helmet Safety

Skin cancer is largely preventable, with about 82% of melanomas linked to factors we can change. For more information visit <http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/>



## Helmet Safety

Spring is finally here and soon your kids will be begging you to bring their bikes, scooters, skateboards and in-line skates out of storage. But with wheels comes risk of injury. In fact, in 2013, more than 200 Alberta children between the ages of 6 and 12 years old visited an emergency department for injuries related to wheeled activities. Many children suffer head injuries as a result of a fall. Head injuries can be severe or even fatal. A properly fitted helmet, designed specifically for the wheeled sport your child enjoys, is the most important thing you can do to protect your child from serious head injury.

### How do I choose a helmet?

Choose a helmet that meets Canadian Safety Standards and is designed specifically for the activity. Helmet costs vary, but more expensive ones are not always better. Choose a helmet that fits properly and that your child likes. It is best to buy a new helmet unless you are sure of the used helmets history and condition.



Used helmets often have damage that you can't see and even a little crack can reduce the protection offered. Most helmets are made for single impacts and should be replaced after a crash. For more information visit: [Parachute: Which Helmet for Which Activity?](#)

### What are pads for?

Pads help ensure a proper fit. They should be placed evenly around the helmet wherever there's a gap to get a snug fit. Thick pads can be replaced with thinner pads or removed as your child grows.

You should not be able to move the helmet back and forth or side to side. For information on how to get a proper fit for your child's helmet visit: [Parachute: Got Wheels Get a Helmet.](#)

In Alberta it is the law that all children less than 18 years old must wear a helmet when they ride. Be a good "roll" model and always wear your helmet too! Have an active, fun and safe season with your family!

### Button Battery Safety

Button batteries are tiny batteries found in small electronic devices, like musical greeting cards, toys, and flashing sneakers. Because they're so small, they can be easily swallowed. This can cause serious harm. Keep batteries locked up, out of reach and out of sight of children and secure battery compartments with screws and tape. Learn more about battery safety at [HealthyParentsHealthyChildren.ca](http://HealthyParentsHealthyChildren.ca)