

**EDEN PARK SCHOOL**

**MAY 2013**

**Health Newsletter**

**HEALTHY VISION MONTH**

## Date

### Healthy Vision Month is held each May. Its purpose is to encourage

Americansto take careof their eyes**,**

& schedule regular comprehensive

eye evaluations- one of the most

important things people can do to

protect their vision. For more information go to :

<http://isee.nei.nih.gov>

### Scoliosis

This screening will be done for Gr6 the week of May 13th. Scoliosis is an abnormal curvature of the spine ,and though it occurs infrequently, it is often

detected in children ages 10-15. The state

of RI requires all children gr6-8 be screened for symptoms of scoliosis to detect possible curvature in early stages so treatment can begin promptly,and major

complications avoided. If you receive a

referral after the screening please follow

up with your pediatrician for evaluation.

**CPR**

CPR was introduced to Gr5 by Mrs Faella and Mrs Stepanian,Lifespan cardiac nurse.

The class discussed cardiac emergencies, signs of stroke, how to act FAST in these

emergencies, and practiced hands-only

CPR.

For more information on CPR visit:

[www.heart.org](http://www.heart.org) (American Heart Assoc.)

### HAPPY MOTHER’S DAY

Thanks, Moms, for taking care of our Eden Park students.

**Tips to keep Mom healthy:**

**Be Active**

**Manage Stress**

**Eat Healthy**

**Be Smoke Free**

**Protect Yourself**

**Get Check Ups**

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| --- | --- | --- | --- | --- |
| **monday** | tuesday | wednesday | thursday | friday |
|  |  | 1 | 2 CPR  Gr5 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 scoliosis  screen | 15 scoliosis screen | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| Memorial Day no school | 28 | 29 | 30 | 31 |
|  |  |  |  |  |