



Jenny Huang, Age, 11 - Woodbrook Elementary School



### Pool Safety

Drowning is one of the leading causes of death each year. Keep your kids safe in and around pools by following these simple guidelines:

- Never leave toys in the pool – children may be tempted to reach for them later.
- Be sure that the adult watching your child knows how to swim, get emergency help and perform CPR.
- Keep rescue equipment (such as a life preserver) and a telephone near the pool.
- Remove pool covers completely to reduce the risk of children getting caught underneath.
- Secure the pool so that children cannot get back in after they are finished swimming.

|           |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| JULY 2010 |    |    |    |    |    |    |
| S         | M  | T  | W  | T  | F  | S  |
|           | 1  | 2  | 3  |    |    |    |
| 4         | 5  | 6  | 7  | 8  | 9  | 10 |
| 11        | 12 | 13 | 14 | 15 | 16 | 17 |
| 18        | 19 | 20 | 21 | 22 | 23 | 24 |
| 25        | 26 | 27 | 28 | 29 | 30 | 31 |

# AUGUST

|                |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| SEPTEMBER 2010 |    |    |    |    |    |    |
| S              | M  | T  | W  | T  | F  | S  |
|                | 1  | 2  | 3  | 4  |    |    |
| 5              | 6  | 7  | 8  | 9  | 10 | 11 |
| 12             | 13 | 14 | 15 | 16 | 17 | 18 |
| 19             | 20 | 21 | 22 | 23 | 24 | 25 |
| 26             | 27 | 28 | 29 | 30 |    |    |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|---|----------|--------|----------|
| 1      | 2      | 3       | 4   | 5        | 6      | 7        |
| 8      | 9      | 10      | 11  | 12       | 13     | 14       |
| 15     | 16     | 17      | 18  | 19       | 20     | 21       |
| 22     | 23     | 24      | 25  | 26       | 27     | 28       |
| 29     | 30     | 31      | <p><b>Family Helpline - 1-800-THE KIDS</b><br/> <i>If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help.</i></p> |          |        |          |