

The Wellness Edition

Spring 2019



Second Grade Environmentalists

Second grade is caring for their community AND caring for the earth! As part of their unit studying biodiversity, students planted pollinator meadows on the school grounds and conducted a neighborhood trash clean-up.

They have coordinated with Mayor Bowser's office to adopt the 1300 blocks of Perry and Otis streets for ongoing maintenance.



Food Rescue

This spring, Stokes School has started a partnership with Food Rescue US, an organization that pairs donor organizations with a means of transporting rescued food to recipient organizations. Stokes donated ripe produce to two neighborhood organizations recently: Damien Ministries and Model Cities Senior Wellness Center. Pictured left: Jalil R. (2F) helped transport a case of bananas.

Student garden and compost opportunities

Is your student in second grade or above and interested in gardening? Stokes Afterschool program is starting a Green Club! The group will meet on Fridays from 1:30-3pm.

Please contact Mr. Alston at stokesaakf@hotmail.com with questions, or to sign your student up for this opportunity.

Sun Safety

With the return of warm weather, everyone wants to be outside more! It's critical to protect your skin from the sun.

The American Academy of Dermatologists recommends everyone use sunscreen SPF 15 or higher and reapply it every two hours when exposed to the sun. Children are especially vulnerable to sunburn. Also consider wearing a hat, protective clothing, and avoiding the sun between the hours of 10-2.

Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



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