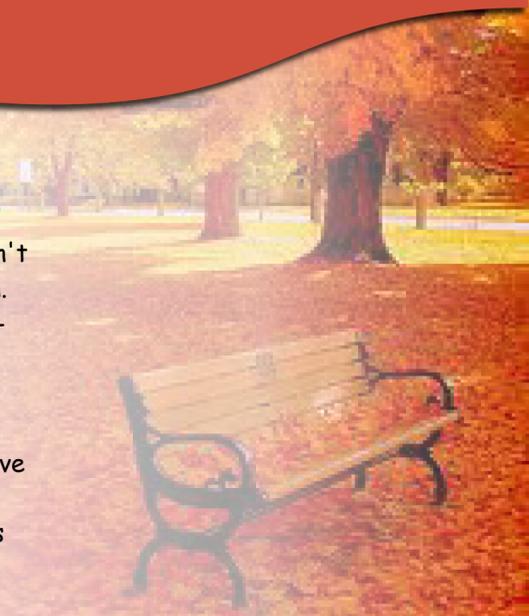




## Concussions

A concussion is a really bad brain injury that happens when the brain hits the inside of the skull. The brain is usually cushioned by spinal fluid, but a hard enough blow to the head can cause damage. It is sometimes hard to tell if someone has a concussion but if there is a loss of consciousness this could be a sign. If you have such a brain injury, it is best to

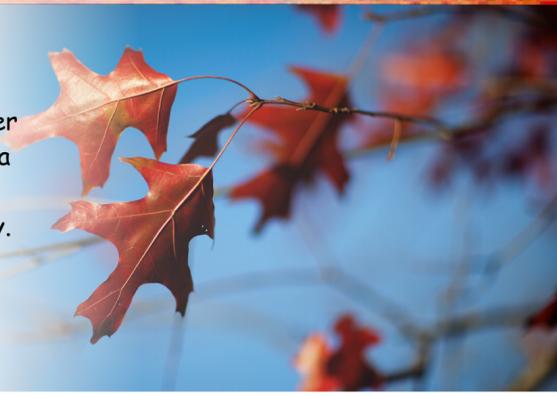
stop any activities that can lead up to a blow to the head and don't be too active after a concussion. This will give time for a safe recovery and prevent any further brain damage. You should always let a parent, teacher or coach know if you have hit your head. Seeing a doctor after an significant head blow is also a good idea.



## History of the Red Cross

The Red Cross was founded in 1881 by Clara Barton and a group of her associates in Washington, D.C. They wanted to start an organization that would help those in need. When ever there are disasters or catastrophes in many places in the world, The Red Cross is there to help with

blood that's been donated by citizens. They also provide other life saving services. They have a dedicated group of people who help millions of people everyday. They work very closely with other organizations that are here to serve in many communities.



## Fun Medical Facts

1. The surface area of a human lung is equal to a tennis court.
2. The adrenal glands change size throughout life.
3. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.
4. After eating too much, your hearing is less sharp.



## Sports Safety

Kids and sports go hand and hand so sports safety is a very necessary topic. With all of that fun comes injuries if you don't play safe. Playing safe is very important so there are some ground rules to being involved in sports. Whatever sport you play, always wear safety gear. Safety gear can include protection for the eyes, head, ears, knees, elbows and more. Also, being mindful of others can go a long way in staying safe while playing sports. Being the best on the team is important but being safe is more important. Always use good judgment to make sure everyone goes home with a smile.



## I will try that

Pumpkins are a fun vegetable to eat. The seeds taste great, they make great pies and pumpkin cookies are awesome as well. With all of that goodness, pumpkins are even good for you. Pumpkins aid in weight loss, they are good for your heart, pumpkins keep eyesight sharp, they can boost your immune system and so much more. We are now entering pumpkin season so let's convince mom and dad to help you make some nice pumpkin treats for the fall. If you haven't already, make pumpkins one vegetable that you will try this season.

## Contact Information:

