

## Don't Fall Into a Summer Slump!

Summer is a great time for family, fun and friends. With longer days, summer offers more time for exciting activities and new adventures. Take advantage of the later sunset and keep your students active both mentally and physically over summer break.

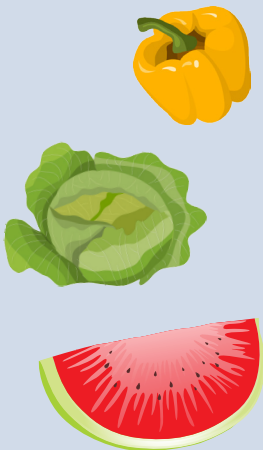
### Propel Partners in Wellness suggests:

#### Make routine your regular

- Don't sleep the day away - If you wake up at noon, your daylight hours are almost halfway over.
- Keep to a bedtime routine - Sufficient sleep promotes healthy physical and mental development.
- Unplug - Take technology breaks this summer to try new things and learn together as a family. Maybe you will start a backyard garden, take a cooking class, go biking or volunteer for a local organization.



#### Turn healthy eating into a habit



- Moderation is key - It's hard to resist the foods at fairs, carnivals and barbecues. Don't worry about indulging in your favorites, but remember to balance what you eat with your level of activity.
- Eat local - Visit your local farmers market and try a new fruit or vegetable.
- Get Moving - The Centers for Disease Control recommends that children and adolescents should participate in 60 minutes or more of physical activity each day.
- Hydrated = Healthy - Drink water, especially during very hot days and when your activity level is high. Water is the best source of hydration, but fruit such as watermelons, oranges and melons can also keep you hydrated. Avoid high-sugar drinks such as soda.

#### Summer Fun Ideas\*

- Visit the Pittsburgh Zoo and PPG Aquarium to see its newest exhibit Jungle Odyssey.
- Cool down at a waterpark, turn on the sprinkler or have a water balloon toss.
- Play a card or board game.
- Pack a picnic basket and head over to your community park.
- Go camping - If you can't make it to a campsite, pop up a tent in your backyard and warm some marshmallows in your microwave for fire-free s'mores.
- Don't call for delivery; rather, make your own personal pizzas with your favorite toppings.
- Get creative and color your sidewalk with chalk. (Bonus: Practice your letters and numbers).
- Stay in and plan a movie night with air-popped popcorn.



\*Visit [www.kidsburgh.org](http://www.kidsburgh.org) for more ideas

## SUPPORTING STUDENTS & FAMILIES

Propel Partners in Wellness provides our students and families with dedicated wellness support at school. Partnering with TCV Community Services, we bring a continuum of wellness to Propel classrooms.

Together, we will overcome barriers to learning to support students' successes in school and in life!

*Possible barriers to learning may include:*

*Relationship difficulties at school or home • The death of a loved one  
A decline in grades or school engagement • A traumatic or stressful experience*

During the summer months, please reach out to your school's principal or the PPIW program administrators to learn more about wellness support.

### **PPIW Program Administrator Contact Information:**

Amber Greenwood and Caroline Barmen  
propelpartnersinwellness@propelschools.org  
412-325-1412 Ext. 3330

Our collaboration with TCV Community Services allows us to bring you the very best in wellness. They are committed to excellence, diversity and teamwork.

### **TCV Community Services Values:**

Customer Focus • Empowerment  
Excellence • Diversity • Accountability  
Teamwork • Leadership

**Call before a crisis  
becomes a crisis.**

**Any day, any time, any reason.**



***“re:solve Crisis Network” provides 24-hour mental health crisis intervention and stabilization services for residents of Allegheny County.***

***A crisis can be anything from feeling lonely to feeling overwhelmed. Our lives are full of stressors — both large and small — but no matter the complexity, it helps to talk with someone.***

***Contact re:solve Crisis Network — Any Day, Any Time, Any Reason.  
1-888-7-YOU CAN. (1-888-796-8226)***

Propel Homestead

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