

For a Brighter Future

Wednesday, February 22, 2012

UPCOMING EVENTS

- Friday, February 24, 2012:** School Spirit Day – Pay \$1, wear jeans.
 Jump Rope For Heart
- Saturday, February 25, 2012:** Parent Teacher Conference. 9 am – 4 pm
- Monday, February 27, 2012:** DST 2012 Talent Show
- Wednesday, February 29, 2012:** Freckles ice cream -- \$1.25

TRAVIS MEYER'S WILD WEATHER CAMP

Travis Meyer's Wild Weather Camp was a great success. A special thank you goes out to Mrs. Barnhart (2nd Grade Teacher) for bringing Travis to Discovery!

THE HEALTHY SCHOOL COMMITTEE NEEDS VOLUNTEERS

The Healthy School Committee is having a work day on Saturday, March 3rd from 10am to Noon. We will be putting in 6 raised garden beds along with a bike rack. We will meet in the back parking lot to get started. Tools that we may need include: wheel barrel, sledge hammers, hammers, tape measures, and shovels. If you have any of these tools please bring them with you. If you have any questions or would like to volunteer, please email Mrs. Cassie Brown (3rd Grade Teacher) at cbrown@discoveryok.org.

NEW STUDENT APPLICATIONS FOR THE 2012/2013 SCHOOL YEAR

Discovery school of Tulsa is currently accepting applications for new students for the 2012/2013 school year. If you know anyone who might be interested in attending DST, they can pick up an application in the front office or fill out the application online. The deadline to for prospective students to turn in applications is March 23, 2012. The new student lottery will be held on March 28, 2012.

TALENT SHOW

The talent show will be held on Monday, February 27, 2012 . There will be two shows, one for K-3rd grade students from 1:10 – 2:00, and one show for 4th -9th grade students. We look forward to seeing our students perform! Parents are welcome to attend.

GET UP AND DISCOVER HEALTH!

Tip of the Week - brought to you by the Healthy School Committee

Did you know February is Heart Month?? Each week in February, look for tips on keeping your heart healthy!

- **Get your blood pressure and cholesterol levels checked by your GP.** The higher your blood pressure, the shorter your life expectancy. People with high blood pressure run a higher risk of having a stroke or a heart attack. High levels of cholesterol in the blood - produced by the liver from saturated fats - can lead to fatty deposits in your coronary arteries that increase your risk of coronary heart disease, stroke, and diseases that affect the circulation. You can help lower your cholesterol level by exercising and eating high-fibre foods such as porridge, beans, pulses, lentils, nuts, fruits and vegetables.
- **Learn to manage your stress levels.** If you find things are getting on top of you, you may fail to eat properly, smoke and drink too much and this may increase your risk of a heart attack.

SUN SAFETY

Application of Sunblock

When applying sunblock you should do so liberally. Concentrate the product on areas that are exposed to a greater amount of sun, such as the face, ears and neck. Apply plenty of sunblock on the rest of your body as well. If you are wearing a sleeveless shirt you should pay careful attention to your shoulders. Also, a commonly missed spot is the top of the feet when wearing sandals.

- Teach Your Children the Meaning of SHADE
- Sunglasses. Always wear sunglasses with UV ray protection
- Hats. Always wear a wide brim hat made from a close weave fabric
- Always wear protective clothing, long sleeved shirts and pants
- During the peak sun hours of 10 - 4 reduce exposure to the sun -stay in the shade
- Every 90 minutes reapply sun block with at least a SPF of 15