

The Wellness Times

happy
new
year



Fred C. Underhill School
Hooksett, NH
Volume 3, Issue 4
January, 2019

Riddle me this...
Penny has 5 children.
The 1st is named January.
2nd kid is February.
Her 3rd is called March.
4th is April.
What is the name of the 5th.
(Read Carefully)
****answer below**

Did You Know...

...that Mrs. Eaton, our Underhill Library Assistant, loves to ski? In fact, she was a ski teacher for fifteen years. She was also the coach for the Bedford High School Ski Racing team for five years. So we asked her about ski safety.

Hannah: "How can we be careful not to bump into anyone when skiing?"

Mrs. E: "Always stop off to the side of the mountain and stay out of the way of skiers coming down the mountain. Look uphill before going back out to the middle of the slope."

Addison: "Is there special gear to help you stay safe on when skiing?"

Mrs. E: "Of course you **MUST** wear a helmet every time. Dress in layers to keep warm, especially your face and hands."

Violet: "What if you're on the chairlift and you drop something?"

Emily: "What if you lose a ski?"

Mrs. E: "You should **NEVER** lift up the safety bar or lean over to look down. You can just ski down to pick up your glove or ski pole if you drop it. If your ski falls off, let the operator know when you get close to the end of the ski lift."

Samantha: "What should you do if you get hurt while skiing?"

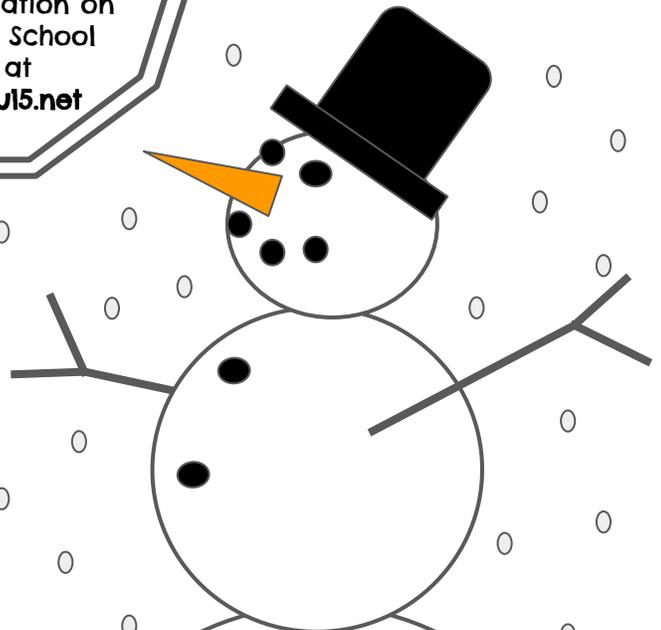
Mrs. E: "Ask someone to tell the Ski Patrol. They know exactly what to do to help you."

Emma: "Is there anything else we should know?"

Mrs. E: "Don't wear scarves or backpacks that could get caught on the ski lift. Make sure you wear ski equipment that fits you, so safety bindings release and you don't get hurt. Also - take lessons, learn how to ski and have fun!"



If you missed the Hooksett School District Safety and Well-Being Forum on January 16th you can access some helpful information on the Underhill School website at underhill.sau15.net



Lessons From A Snowman

- * Getting outside in the winter is good for your health.
- * Don't get too much sun
- * Wearing white is always in style
- * We're all made up of mostly water so drink plenty
- * It's fun to just hang out in your front yard!

"Penny's 5th child is named What. The last sentence says, What is the name of the 5th."

