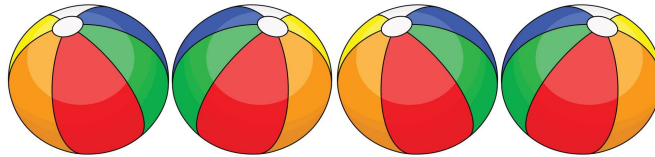


# The Wellness Times



Are you ready for  
**SUMMER?!**



Fred C. Underhill School  
Hooksett, NH  
Volume 3, Issue 9  
June, 2019

I'm Ready  
For Summer!

WHO'S  
WITH  
Me?!



## TICK INFO

COURTESY OF  
TICKFREENH.ORG

### PROTECT YOURSELF



WEAR LONG PANTS AND LONG SLEEVED SHIRTS WHILE OUTSIDE. TUCK YOUR PANTS INTO YOUR SOCKS AND YOUR SHIRT INTO YOUR PANTS SO TICKS CANNOT CRAWL INTO YOUR CLOTHES



HAVE AN ADULT HELP YOU TO PUT ON REPELLENT (BUG SPRAY). REPELLENT WITH 20-30% OF THE CHEMICAL DEET IS SAFE FOR CHILDREN TO HAVE ON THEIR SKIN.



### WHERE DO TICKS LIVE?



TICKS LIKE TO LIVE IN OR NEAR AREAS WITH WOOD AND GRASS. MANY TIMES TICKS ARE FOUND IN AREAS WITH TREES, UNDER LEAVES ON THE GROUND, AROUND WOOD PILES OR STONE WALLS, OR AROUND TALL GRASS.



### WHAT DO I DO IF I FIND A TICK?



IF YOU FIND A TICK ON YOUR BODY - TELL AN ADULT RIGHT AWAY. IF A TICK DID NOT BITE YOU, HAVE AN ADULT KILL IT. IF A TICK DID BITE YOU - HAVE AN ADULT REMOVE IT.

## End of Year Update From the Health Office

If your child has any medications in the Health Office please remember to pick them up at the end of the year.

If your child's medication is not picked up by the end of July it will be disposed of.

Students are not allowed to take medication home on the bus.

**Thank you and have a wonderful summer!**





# Ten Free (Or Almost Free) Things To Do With Your Kids This Summer

1. Get 2 free games of bowling every summer day when you register at [KidsBowlFree.com](http://KidsBowlFree.com)
2. Watch \$1.00 Family Movies at [Regal Cinemas in Concord](#) every Tuesday and Wednesday morning.
3. Sign kids up for free [Home Depot building workshops](#) every first Saturday of the month between 9am and 12pm.
4. Let your kids find hidden treasures in their own community using [Geocaching.com](http://Geocaching.com).
5. Kids who read every day for two weeks can get 10 free play points from [Chuck E. Cheese](#).
6. [The Microsoft store](#) in Salem, NH offers free workshops that teach kids ages six and up about game coding and design.
7. Apple Stores offer a free [Apple Camp](#), a 3-day camp where kids can choose to learn about coding, moviemaking, or musical storytelling.
8. Enjoy free, family activities at the [Bass Pro Shop Family Summer Event](#).
9. Barnes & Noble in Manchester offers free [Storytime and Activities](#) every Saturday at 11am. Also, earn a free book when you read 8 books this summer and record them in their [Reading Journal](#).
10. The Hooksett Public Library's [Annual Summer Reading Kickoff](#) begins at their Touch-A-Truck event on June 22, 2019 between 10am and 1pm. Enjoy a fun day of seeing trucks up close, fun activities and of course, signing up for their summer reading program! The library offers many free activities all summer long.

**\*\*For Direct Links of all these activities please see the  
Fred C. Underhill School website.**

**You will find all of this year's Wellness Times under the heading  
'Our School' and then click on 'Wellness'. \*\***