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YOUTH HEALTH BULLETIN

JUNE 2009



Hello Wild Cubs and Wild Cats,

I would like to thank all of my wild cat and wild cub friends who sent a poem for the Wally Cat Spring Poetry Contest.

I was so impressed with the poems, I could not help but let out a Wally Cat "Hooooooweel!" All of the poems I read were absolutely wonderful. They were so good I could not decide a winner. I have decided to let you email me with your vote for the poem you think is the best! In July, I will announce the winner that got the most votes.

Poem #1

Spring to me means: The fresh dewdrops on the ground in the morning when my bare feet are running across them. Watching a calf being born and when it takes its first sip of milk. The honeybees buzzing in my backyard, "Buzz! Buzz! Buzz!" Bunnies hopping in the field, eating, playing and having fun. The sunny and rainy days. So much more I want to say but then when I finished writing it all, spring would have gone away. – Sarah F.

Poem #2

The pretty blue sky, trees blooming, the birds whistling song, the butterfly flying around in the sky, planting things in the garden. – H. Brown

Poem #3

Spring maybe wet and spring maybe dry, but some days are perfect, just up in the sky. The clouds are puffy, the sky's a light blue, then, the sun sets, right on cue. – Mariah I.

Continued on the back ➔

Now that the weather is getting warmer, many of you will be splashing, floating and swimming in your favorite pool or lake. Swimming is a lot of fun, but Wally Cat wants you to stay safe in the water.

Pool Safety Tips:

- Never go into a pool if no one is around or an adult is not watching—even if the pool is in your backyard.
- Never go into a pool if the safety gate that surrounds the pool is locked or there is no life guard on duty.
- Obey all pool rules.
- Don't swim alone. Swim with a friend, look out for each other and make sure an adult is watching.
- If you are learning to swim, get an adult to make sure your swimming floatation devices are Coast Guard approved.
- Never run in a pool area; you may slip and fall. Always walk slowly.
- Always swim at a depth that is safe and comfortable for you. If you are just learning to swim, stay in the shallow end of the pool.
- When in the pool, don't push or jump on others. You may accidently hurt yourself or others.
- Always remember that inflatable toys that help you to float—like a beach ball, air mattress, or inner tube—cannot save your life. Toys are fun to play with, but can quickly lose air or float away.
- Never chew gum or eat while you are swimming — you could choke.

Stay cool and I will see you at the pool!

Wally Cat 

F	K	T	X	L	B	H	G
L	O	J	O	O	C	M	O
H	R	O	L	Y	Z	J	G
F	P	E	N	M	O	F	G
J	W	N	T	Z	I	L	L
K	U	R	B	A	I	W	E
S	Q	H	W	K	W	C	S
S	R	E	P	P	I	L	F

FIND THESE WORDS:

- FLIPPERS
- HOT
- SUNNY
- WATER
- GOGGLES
- POOL
- SWIM

CONTINUED: POEMS



Poem #4

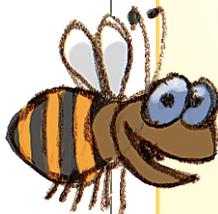
Spring is a glee! It is no fee for me. It is only a warm breeze. I love the newness of spring! The flowers blooming by leaps and bounds, the bugs on them sometimes makes me scream! People ready for spring break around the corner here it comes...Oh spring is really great! – *Emily C.*

Poem #5

On a bright sunny day, I swing in the air feeling the beautiful breeze flow across my face. More higher I go the wind blows faster on my face. I feel awe. On a warm dark night, I sit on the front porch watching the stars go by, I just wish that spring will never go away. – *C. Reffett*

Poem #6

Spring time to me is as beautiful as the honey bees and red buds blooming pretty purple to please, daffodils so pretty making the sun shine to make the mushrooms pop up through the ground and rounding out spring to me is hunting those mushrooms, papa and me. – *T. Purdue*



Well Kids, it is up to you. Let me know which poem deserves the Wally Cat Hooooooweel Award for best poem. Email me at Wally.Cat@uky.edu.

SOURCES:

- <http://www.aap.org/family/tippool.htm>
- http://usa.safekids.org/tier3_cd.cfm?folder_id=540&content_item_id=1032
- <http://children.webmd.com/tc/protecting-your-child-from-drowning-hazards-topic-overview>
- <http://www.uscg.mil/hq/cg5/cg5214/pfd-lights.asp>

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Written by: Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, University of Kentucky HEEL program
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Wally Cat and other cartoons by: Chris Ware (*Used with permission*)

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