

Stop, Look, & Listen

Ames-East Belfast-Nickerson-Weymouth Schools Monthly Physical Education Report

Mr. Campbell ~ April 2018 ~ Issue Seven, Volume Two
Field Day 2018
Ames School

**Spring Has
Sprung**

We have a date set for Field Day 2018, **Monday, June 11 (rain day of 6/12)**! Stay tuned for information coming your way through special "Field Day Handouts". When the time comes, adults can sign-up to help out with game stations and/or just enjoy the sights and sounds of Field Day 2018!

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Dodge those Raindrops!

Tick Awareness

According to the Center for Disease Control (CDC), there are over 80 kinds of ticks in North America. With an increasing population of deer living in the places we play, we are also seeing the rise of blacklegged (deer) ticks — the ones that most frequently transmits Lyme disease. Deer ticks are reddish-brown, with a hard protective shield (called the scutum) behind the head.

How to Prevent

Ticks don't fly. They hook onto hair, socks, or clothing and crawl up the body then latch to your skin. The best way to prevent a tick bite is to wear long pants tucked into socks. Insect repellent containing at least 20 percent DEET can also help deter ticks.

Ticks are easy to miss. Their bites can be painless and they often climb up under clothing and bite in hard-to-see, warm places. It is recommended the best prevention is to check your body carefully after you are in the outdoors.

Like most things, the best protection against ticks is knowledge. Check your body frequently and wear insect repellent.

For many people, spring is a sign of new beginnings. For others, it's the signal to shake off those winter blahs. Today, I offer you three new ways you can enjoy your spring: look up, look down, look around!

Look Up

- Notice those tree buds
- Eye spy turkey vultures (they're back!)
- April showers bring May flowers
- Mama bird building a nest
- Cirrus clouds

Look Down

- Green shoots of grass
- Chipmunks scurrying about
- Brightly colored tulips
- Puddles
- Kick ball fun

Look Around

- ◆ Robins are very busy
- ◆ Wild turkeys showing off
- ◆ Farm animals are out of the barn
- ◆ Moms & dads cleaning the yard
- ◆ Baseball & softball players on the fields

Welcome Back Spring!!

