

Issue 24, 2020 **Founded by Betty Debnam**



Next Week: Trains

Do You Make the **Grade?**



Mini Fact:

Bike helmets reduce the risk of injury by about 70%.

Most kids look forward to summer, when school is out, the pool is open and they can play all day. Summer 2020 may be quite different for many kids around the country. There may be rules about gathering in groups, and some swimming pools may never open.

Some fun summer traditions can also be dangerous for kids. How safe is your family when it comes to summer activities?

This week, The Mini Page lets you give out the grades! Give yourself and your family a plus (+) for safety rules you always follow. Put a check $(\sqrt{\ })$ next to those you need to work on. Then sit down with your family and discuss whether you get an S (satisfactory) or a U (unsatisfactory) for each category. Stay safe this summer!

Sun safety	•
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I wear a hat.

I drink lots of water.

I don't exercise in the hot sun. I stay in the shade.

I never look directly at the sun, even with sunglasses on.

I wear sunscreen to keep from getting sunburned. The higher the SPF number, the more sun is blocked. (SPF stands for sun protection factor.)

Hiking safety

I stay in sight of adults.

I walk only on trails and watch my step. Roots, rocks and logs can trip hikers.

I check myself and my pets often for ticks.

Some ticks that attach themselves to Mountain spotted fever or Lyme disease.

If you find a tick, remove it gently and tick's mouth in your skin. Wash the bite with soap and water, and be sure to tell your parents.

Bike safety

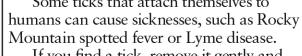
I always wear a helmet.

I never wear earbuds while riding.

and yellow lights.

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Tick safety



carefully with tweezers. Do not leave the

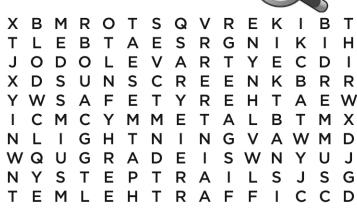
I stop at stop signs and for red

I don't ride barefoot.

Try 'n' Find

Words that remind us of summer safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

BIKE, GRADE, HAT, HELMET, HIKING, LIGHTNING, METAL, PETS, SAFETY, SEAT BELT, STORM, SUMMER, SUNSCREEN, TICK, TRAFFIC, TRAILS, TRAVEL, WATER, WEATHER.



Cook's Corner **Healthy Oat Bran Cookies**

- You'll need: • 1 3/4 cups oat bran
- 1 cup whole-wheat flour
- 3/4 cup quick-cooking oats
- 1 cup dried cranberries
- 1 cup chopped pecans
- 1 teaspoon baking soda
- 1 1/2 teaspoons cinnamon
- 1 cup light brown
- sugar, packed
- 4 egg whites
- 1/2 cup soft margarine

• 2/3 cup low-fat milk

3. Stir wet mixture into oat mixture and blend thoroughly.

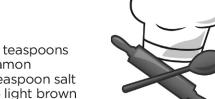
- What to do:
- 1. In a large bowl, combine oat bran, flour, oats, cranberries, pecans, baking soda and spices. 2. In a smaller bowl, beat brown sugar, egg whites and margarine. Add milk to mix well.

5. Bake at 350 degrees for 12 to 15 minutes until done. Makes 3 to 4 dozen.

- 4. Coat cookie sheets with cooking spray and measure dough by rounded teaspoons about 1 inch apart.
- 1. Being concerned about safety; alert (7-letter adjective)
- 3. To shield from certain
- things that could injure (7-letter verb)
- 2. Guides for behavior that are accepted habits (5-letter plural noun)
- 4. Warmth and light from a star in the daytime (8-letter noun)
- 1. Mike was not to fall from his new red skateboard. _: No running at the pool. 2. Marcia and Bill read the
- 3. Tina wears sunscreen to herself from sunburn. was so bright that Jason needed glasses.

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ROOTONYM®

by Jan & Carey Orr Cook

Study the definition. When

you know the

missing word, fill in the letter

with this

Mini Jokes

safer this summer?

Sandra: What's green and likes to peck at trees?

Stuart: Woody Woodpickle!

Have you ever heard of the UV Index? The UV Index assigns a number to the next day's UV - orultraviolet ray - levels and highlights the level of exposure for people who plan to be outdoors. You should pay attention to the UV levels and plan your activities to protect yourself from getting too much sun by using shade and covering up with sunglasses, a hat, and protective clothing, and using sunscreen. The higher the number on the scale of 1 to 11+, the more careful you need to be.

For later:

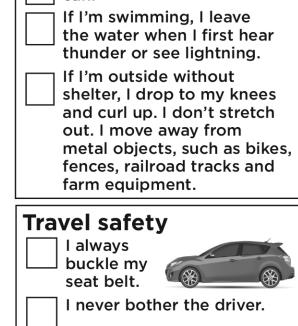
Look through your newspaper for safe summer fun activities.

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Weather safety

If I am inside during a storm, I

stay there, away

from windows and doors.

If I am outside, I go in if I

Our Safety Report Card Does your family get an S

get out of the car.

I watch for traffic before I

(satisfactory) or a U (unsatisfactory) in each of these areas? Sun safety _____ Hiking safety

Travel safety _____ How did your family do? What areas do you need to work on together to be

Tick safety _____

Bike safety _____

Weather safety _____