



MAY

NEWSLETTER



Skin Care Awareness Month

It's estimated that every day about 9,500 people in the United States are diagnosed with skin cancer.

Many people can reduce their skin cancer risk by protecting their skin from the sun and stopping use of tanning beds.

May is Mental Health Awareness Month, recognized since 1949 to reduce stigma, educate the public, and provide support for mental health conditions.


~1 in 5 U.S. adults experiences mental illness each year.


~1 in 6 U.S. youth (aged 6-17) experiences a mental health disorder.

~50% of all lifetime mental illness begins by age 14, and 75% by age 24.



REMINDER

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1. Beach Bash Parent Engagement Event
May 16th from 12-2:00 at our Matternville Preschool Center
 2. May 8th is the deadline to RSVP for the Volunteer Recognition Training Dinner for those who volunteered this year
 3. May 22nd is the deadline to RSVP for Delgrosso Days

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- Ensure a healthy spring for preschoolers by focusing on outdoor activity, seasonal nutrition, and allergy/sun safety.
 - Key tips include increasing daily water intake, applying SPF 30+ sunscreen, checking for ticks, packing fresh fruits/veggies, and engaging in active play like nature walks or bubble chasing to boost physical and mental well-being

