

MAY 26, 2022



# NEWS YOU CAN USE

Teaching Responsible Scholars

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SAVE  
THE  
DATE

## Three Rivers School- Upcoming Important Dates

### May

**27 Last Student Attendance Day**

**Early Dismissal @ 11a- Report Cards Home**

**-Z-** Zip up your backpacks and enjoy your Summer!

### August

**9 TRS Locker Day beginning @ 12p-** Information was sent home in report cards.

**15/16 No School-** Teacher Institute Days

**17 1st Student Attendance Day**

## In this Issue:

(Click on a topic to forward to that section)

TRS Calendar

22-23 School Registration

Athletics

Summer Camps & Info

Nurse Shots

School starts at 7:58AM

Dismissal is 2:32PM

From all of us at Three Rivers School,

We hope everyone has a relaxing, safe and enjoyable summer break!

See you in August!



## 2022-2023 Registration Information

Registration for all returning students is now open. An email with your student's snap code has been sent out. Please watch for an email with your student's snap code. You will receive a separate email for each student. The email will be from "noreplyregistration@powerschool.com."  
Please follow the directions in the email to complete registration.

If you have moved out of the district or know you will be moving out of the district prior to the start of school, please notify the school office (815/467-4313) as soon as possible and do NOT complete the returning student registration. You will receive transfer papers at the end of this school year to enroll your student in his/her next school.



### Athletics

#### Late Summer/Early Fall Sports Tryouts

Times for tryouts will be sent out when they become available.

**Please note: a current sports physical must be on file (or brought to the tryouts). You will need to stop in the Junior High Office before tryouts/practice. There will be someone in the office 1/2 hour before the tryout/practice time.**

**Softball** (open to 6th, 7th, & 8th grade girls) - July 25, 26, 27 from 8-10am @ CJHS softball fields.

**Baseball** (open to 6th, 7th, & 8th grade boys) - Aug. 1, 2, 3 @ CJHS baseball fields

**Soccer** - (Co-ed 6th, 7th, & 8th grade) - Aug. 3, 4, 5 @ CJHS Soccer Field

**Cross Country** - (Co-ed 5th, 6th, 7th & 8th grade) - Aug. 8 - first practice @ JH

You can access the Channahon Jr High Athletics site [HERE](#)

### Summer Camps

Camp Invention- Click [HERE](#) for more information and to register today

Summer Sluggers Program- Click [HERE](#) for more information and to register today

Evolve- Summer Therapy Groups- Click [HERE](#) for more information and to register today

CJHS Summer Camp- Click [HERE](#) for more information and to register today

### OUR DRUG-FREE PLEDGE

The faculty and staff at Three Rivers School are committed to promoting the safety and well-being of our students through our ongoing anti-drug efforts. We believe that we are blessed with some great students and an outstanding community, however, the impact of drug abuse can be felt in all areas. Students are aware that the possession, distribution, or use of drugs at school or any school related function is absolutely prohibited. The school reserves the right to search school property and equipment owned or controlled by the school (such as lockers, desks and parking lots). Although we believe that our students make good choices in regards to drug usage, we also believe in being diligent in the deterrence of any and all drug abuse. We also intend to allow local law enforcement to conduct drug-dog searches to help ensure a safe and drug-free environment at least once every school year



# NURSE SHOTS

Longer days, lighter nights and more worrying. Yup, it's summer. And before your kids race out the door, make sure you're doing all you can to protect them from sun, bugs, head injuries, etc.

There's something about this season that makes kids run faster and play harder. And like everything else parents carefully do to protect their kids -- cooking healthy kid food, hiring the right babysitters, buckling them into car seats (or shouting out seat belt reminders) -- summer takes preparation, too.

Here's how you and your summer babysitter or nanny can help keep kids safe this season -- without feeling like Summer Cop, monitoring the fun right out of their vacation.

## **Be Sun Savvy**

Here's a summer-bummer: a person's sunlight exposure during childhood and adolescence is generally considered to increase the risk of melanoma. We've heard it all before, but make sure your family and caregivers all have the same sun-strategy. Vilma Cokkinides, PhD, strategic director, Risk Factor Surveillance for the [American Cancer Society](#), helped come up with these tips for sun safety:

- **Apply early and repeat.** For kids six months and older (as well as adults), sunscreens with a Sun Protection Factor (SPF) of 15 or greater reduce the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure, so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat or dry off with a towel. For most users, proper application and reapplication are more important factors than using a product with a higher SPF.
- **Cover.** Dress kids in protective clothing and hats. Clothing can be an excellent barrier of ultraviolet rays. Many light-weight sun-protective styles cover the neck, elbows and knees.
- **Plan early morning play.** For kids beyond that baby stage, Cokkinides advises parents to plan outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.) as much as possible. Sound impossible for your active kids? Make sure you all can get a break from the sun, when needed.
- **Beware of shade.** Many people think sitting in the shade is a simple sun compromise. Shade does provide relief from the heat, but it offers parents a false sense of security about UVR protection. You can still sunburn in shade, because light is scattered and reflected. A fair-skinned person sitting under a tree can burn in less than an hour.
- **Check the weather.** Look for the ultra-violet (UV) index (on a site like [Weather.com](#)) when planning outdoor activities; it predicts the intensity of UV light based on the sun's position, cloud movements, altitude, ozone data and other factors. Higher UV index numbers predict more intense UV light.

## **Beware of Bugs**

Unfortunately, those blood-sucking critters are a part of summer nights, and, yes, even days. Anjali Rao, MD, a pediatrician at [Northwestern Memorial Hospital in Chicago](#) gives these suggestions on how to stay safe from insects:

- **Spray and repeat.** Parents or caregivers should spray kids' exposed skin and clothing. Reapply whenever the spray gets washed off or the child starts getting bitten again. For an alternative to sprays, try insect repellent pads that clip on clothes.
- **Check for allergic reactions.** Some kids react to insect bites more than others. If your child gets bitten and seems to have an allergic reaction to the bite, seek medical attention to see if you should give your child an oral antihistamine or other medication.
- **Check for ticks.** Ticks thrive in warm, moist, woody areas, so ideally kids should wear long clothing to cover their skin, but let's be realistic: in the heat of summer, that's hard to do. Dr. Richard Lichenstein, director of pediatric emergency medicine research at the University of Maryland Hospital for Children, says that to help prevent ticks from attaching themselves to your kids, check them and shower within two hours of coming indoors. Clothes are a culprit, too; ticks can come in on a t-shirt! If the clothes aren't dirty enough to need washing (dream on), do it anyway. Placing clothes in the dryer on high heat for at least an hour will kill any ticks.

Kids six and older can check themselves, with adult guidance, but they must check their entire body, not just forearms and legs: under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, around the waist, etc. If a child develops any rash or fever after a tick bite, visit the doctor.

## **Prevent Dehydration**

You may be surprised how much -- and when -- kids should drink liquids. To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks (like many day camps require), with kids under 90 pounds drinking five ounces every 20 minutes during activities and kids over 90 pounds drinking nine ounces every 20 minutes. Tip: A child's gulp equals a half-ounce of fluid, so your child should drink about 10 gulps for every 20 minutes of play.

The Safe Kids Coalition urges parents and caregivers to watch for warning signs of dehydration, such as thirst, dry or sticky mouth, headache, muscle cramping, irritability, extreme fatigue, weakness, dizziness or decreased performance.

## **Head Off Injuries**

According to Dr. Jamie Freishtat, a pediatrician in the Washington, DC area, helmet safety is extremely important, particularly during the summer when kids spend lots of time outdoors riding bikes. Kids should always wear a properly fitting helmet that is approved by the CPSC for the activity they are doing (biking, skateboarding, etc). Why not take your child with you to pick it out at the shop, so he can have a say in the color and design? And, it may sound silly, but don't forget to fasten the chin strap -- lots of people don't bother. Make a family rule: no helmet, no wheels. And parents and caregivers, you must serve as an example: wear your own helmet!

## **Never wait in a Hot Car**

It only takes 10 minutes for a car to heat up by 19 degrees. Every so often, we hear news stories of parents forgetting infants or leaving a sleeping toddler in the car, and tragedies that ensue. Never leave a child alone in a car, even for a minute. Degrees can be deceiving. Fatalities can occur at temperatures as low as the mid-50s because a vehicle heats up so quickly. Children are at a great risk for heat stroke because their bodies heat up three to five times faster than an adult's does. Cracking a window? Not a solution. Some advanced technologies are still being developed that may help prevent heat stroke deaths in vehicles, but nothing has been proven effective yet. *Excerpted from: <https://www.care.com/a/summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-1106031447>*