

A big THANK YOU goes out to all of the PTO parent volunteers for the continued good works that you do to support the students, teachers and staff at Allegheny One Elementary. We deeply appreciate the time, talent and treasure that our volunteers so graciously donate to Allegheny One in the form of sponsoring Art Club, Drama Club, coordinating our various fundraising activities, helping out with class parties and the list goes on and on! There is still time to become involved with the many activities that occur as our school year draws to a close. Please contact the PTO officers or come to the next PTO meeting and get involved!

## Moving?



If you know you are moving please complete the attached form and send in with your child before the end of the school year.

### **Mr. Moore's Fitness Facts**

Now that the sun is starting to come out, you will probably be spending more time outside. But along with sunny warm days come sunburns. Sunburns and unprotected skin can raise your chance of developing skin cancer dramatically. Sunscreens are the best solution to protecting your skin outside. Here are some tips for getting the right sunscreen and using it correctly: Buy a high-quality product with an SPF of 15 or higher; check its ingredients to make sure it offers broad-spectrum protection; and decide whether it works better for everyday inside use or extended outdoor use. Finally, look for The Skin Cancer Foundation's Seal of Recommendation, which guarantees that a sunscreen product meets the highest standards for safety and effectiveness. Once you choose the right sunscreen, use it the right way. To ensure that you get the full SPF of a sunscreen, you need to apply 1 ounce. Studies show that most people apply only half to a quarter of that amount, which means the actual SPF they have on their body is lower than advertised. During a long day at the beach, one person should use around one half to one quarter of an 8 oz. bottle. Sunscreens should be applied 30 minutes before sun exposure to allow the ingredients to fully bind to the skin. Reapplication of sunscreen is just as important as putting it on in the first place, so reapply the same amount every two hours. Sunscreens should be reapplied immediately after swimming, toweling off, or sweating a great deal.