

December Newsletter



It's hard to believe winter is around the corner, but our first snow has fallen, so it's time to start preparing. There are a lot of fun things to do outside in winter. However, it is important to consider safety.

Outdoor Winter Activities

Ice skating, skiing and sledding are great ways to get exercise on a cold winter day. Remember, children should be supervised with these activities.

Safety Tips:

It is safer to sled feet first or sitting up, instead of lying down head-first.
Sled on slopes that are not too steep and are free of obstructions like trees or fences.

Skate only on approved surfaces.

Skate in one direction with the crowd.

Never skate alone.

Do not chew gum or eat candy.

Wear a helmet when skiing.

Stay away from crowded areas.