



Bronx Lighthouse Charter School
1001/1005 Intervale Avenue
646-915-0025

SUMMER 2015
VERANO 2015

Who offers fun and interesting classes for the entire family?
Where can you learn English, make art, watch a performance, and much more?
Take a guess, and then turn the page for the answer.

Hi! I want to wish everyone in the BLCS family a safe, healthy, and fun summer. Please come visit me this summer. I would love to hear your ideas for more services for you and your family.

Hola! Quiero desearles a todos en la familia BLCS un verano seguro, saludable y divertido. Me encantaría escuchar sus ideas para más servicios para usted y su familia.

Silvia Alemañ
Coordinator of Family & Community Partnership

FREE ROWING
Saturdays and Sundays
until September 6, 2015
1-6pm
812 Edgewater Road
718 466 5799
Rockingtheboat.org

Morrison Avenue Street Festival
Morrison Avenue and Westchester Avenue
August 15



Bees aren't looking for humans to sting. They actually are looking for flowers. So it's best not to wear fragrances, wear bright colors, or leave food or beverages uncovered. If a bee feels threatened it might sting. Once a bee stings it attracts other bees. If a person gets stung it is very important to get the stinger out quickly. Scrape it off. Apply ice covered in fabric for less than 20 minutes. If the person has a rapid heartbeat or difficulty breathing, see a medical provider immediately.

www.nycgovparks.org
Crotona Park (Fulton Av to Southern Blvd and Crotona Park East)
St. Mary's Park (145th Street- St Ann's Ave And Jackson Ave
-----St. Mary's Recreation Center (718-402-5255)
Barretto Point Park (Viele Ave. Bet. Tiffany St. and Barretto St.)
-----pool barge (718-430-4601) bring combination lock
Pelham Bay Park -Orchard Beach - (718-885-2275)
-----salsa concert: August 2, 9, & 16 at noon
search **Shape Up NYC** for free fitness classes
www.bronxriver.org
walk, run, cycle the vast greenway

Did you guess?

Hunts Point Public Library

877 Southern Boulevard

718-617-0338

10am-5pm Friday & Saturday

10am-6pm Tuesday & Wednesday

10am-7pm Monday & Thursday

closed Sundays, July 3, 4, & 5

June 26 2pm African Dance & Folktale

June 27 11am Knitting and Crochet

July 15 2pm Superhero Canvas Art 10-18 years old

August 4 1pm Decorate a Superhero T-shirt 10-18 years old

weekly workshop:

July 7- August 25 Tuesdays 2pm for 13-18 year old

Writopia - fun, creative writing workshops



Learn about the summer reading challenge for all ages.
www.summerreading.org

Useful Websites for Summer Enrichment

funbrain.com	grades K-8
thekidzpage.com	grades 1-5
makemegenius.com	grades 1-8
starfall.com	grades K-3
howstuffworks.com	grades 5-12
parents.com	parents
serpadre.com	padres

How much water should I drink?

The average adult should drink half their body weight in ounces of water. If you are 125 pounds, drink approximately 8 cups (½ gallon) of water each day.

150 pounds -9 cups of water each day.

200 pounds-12 cups of water each day.

Anyone who exercises should drink additional water.

Fruits and vegetables are a good source of water. Try watermelon, orange, apples, lettuce, broccoli, or carrots.

Avoid caffeine and alcohol.

Don't forget to give your furry pets water too.



SUN SCREEN

- ✓ use SPF 30 or higher
- ✓ apply 30 minutes before sun exposure
- ✓ apply at least every 2 hours or after getting out of the water
- ✓ look for a water and sweat resistant product
- ✓ look for UVA and UVB protection

- ✚ Use protector de sol cada 2 horas o después de salir del agua.
- ✚ Adultos deben beber la mitad de su peso en onzas de agua.
- ✚ Si una persona es picada por una abeja es muy importante sacar el aguijón inmediatamente.

Please consult your medical provider about any health and fitness related issues. Neither BLCS nor the staff is responsible for any information printed in this newsletter.

Por favor, consulte a su médico acerca de cualquier asunto relacionado con la salud. Ni BLCS ni el personal es responsable de la información en este boletín.