

*Healthy tip of the Month:

Summer is here! For many families, the stress of waking up early for the school rush is over. Days are longer, vacation is in full swing. Here are 4 helpful things to keep in mind and keep your child healthy throughout the summer holidays. **1. Always wear sunscreen** even when the sun rays don't seem raging hot, make sure that your child's exposed skin is properly protected. **2. Make sure they get enough sleep** with the exciting and very long summer days the tendency is for your kids to want to stay up much later than usual it's easy to veer off from the usual sleep routine. **3. Keep bug spray handy** mosquitoes, ticks, fleas, and flies... they all come with the summer, but you can do your part to keep your child free from bug bites by having bug spray or repellent on hand. **4. Stay safe around large bodies of water** remember that drowning is sometimes called the "silent-killer" because you may not hear your child until it's too late. Kids who can't swim should be well equipped with floatation devices and never out of sight of a grown-up.

Oasis Campus & Oasis North Elementary- Breakfast Menu – June 2022

Additional
Purchase
Milk .75

Breakfast is
served Monday-
Friday

ONE
7:45am-8:15am

OES
8:00am-8:30am

Middle School
7:10am-7:35am

High School
6:35am-7:00am

Start your day
with a healthy
breakfast.

Breakfast
\$2.25



Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4
		Manager Choice	Manager Choice	Professional Duty Day	
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*Menu Subject to
Change*

*Available online to make payments or check account balances: myschoolbucks.com
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