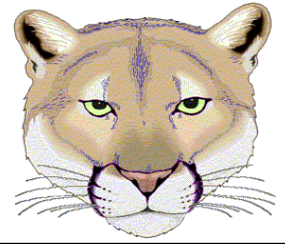


# Cougar Connection



May 2021

## Nurse's News



## 6 SIGNS OF DEHYDRATION

### THIRST

Thirst is the first sign of your body telling you that you are becoming dehydrated

### FATIGUE

If you find that you are more tired than you usually are during your workout, then you may be low on fluids

### SALT DEPOSITS

If you find that you develop dry white stuff around your face or in your clothes, you may be a heavy salt sweater and are at increased risk of dehydration

### MUSCLE CRAMPING

Cramping is a later sign of dehydration. Your body has already alerted you through increased thirst and fatigue

### NAUSEA AND LIGHTEADED -NESS

If you feel that you are at this point of dehydration, you may be at serious risk of heat exhaustion or heat stroke

### PALE OR SWEATY SKIN

If you feel that you are at this point of dehydration, your body will try to cool itself off in any way it can. This can lead to loss of consciousness

## 20/21 Year Book

If you would still like a Yearbook for this year, parents can order a yearbook online through this link:

<https://link.entourageyearbooks.com/my/Smoketree2021>.

They are \$25 each, plus shipping and handling fees.



May 20th at 11:45 a.m.

Please note, Taher will not be serving lunch on this day.

## Field Day

Smoketree's Annual Field Day is May 14, 2021. There will be a water slide, relay races, and more! In order to participate in field day, your child must return a signed waiver/permission slip before Friday, May 14, 2021.



## Lost and Found

The lost and found bin is full. If you are missing any items, please make sure you look in the lost and found bin located by the front office. After May 21st, all unclaimed items will be donated.












Daily School Hours:  
7:55-2:30



# May 2021



Early Release Hours:  
1:00

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
						1	
2	3 Student Council meeting 2:45-3:30pm	Teacher Appreciation week.....			6 KC Club Last Meeting 2:45-3:30pm	7	8
							
9 Mother's Day	10 PTSO Meeting 2:45 pm in the Library	11	12 	13	14 College Day & 	15 Free Immunizations Aquatic Center 9am to 1pm	
16	17  Movie Day	18 Millionaire's Luncheon 	19 Kindergarten Celebration 11:45-12:45 pm 	20 6th Grade Graduation  11:45am Dismissal 	21 No School	22	
23	24	25	26	27	28	29	
30	31						

If you have any questions about the information provided, please call 505-6020

Daily School Hours: 7:55–2:30pm