

5/16/2022



Pathways Patterns

Goodwill



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Let's Kickoff for Summer!

Now that summer is starting up we're going to give you guys some tips and tricks to making the absolute most of it, while staying safe of course.

Staying Safe and healthy!

With more people going outside to enjoy the summer weather its important to remember to stay safe by washing your hands and wearing sunscreen!



Summer is approaching

With summer finally on its way PTO is doing some things to get ready for the upcoming heat and the change in season.

This newsletter was created entirely by the Goodwill Pathways to Opportunity Journalism team whose goal is to gain independence, experience new opportunities, and develop new interests.



Summer Activities

There are many things you can do to enjoy the summer, including going to the beach, going to amusement parks, get some ice cream, go on a picnic or just enjoy a public park with friends or family. You could also enjoy some time at the pool, there's nothing more refreshing than hopping into a nice cool pool while its extra hot outside.

Watermelon is the fruit of summer

Watermelon is a staple fruit of summer, many people like to carve it into pieces and enjoy it on a hot day. Watermelon even helps you stay hydrated and it is packed with nutrients. If you have a chance to try some watermelon this summer we highly recommend it!



Summer Jokes!

Here are some of our favorite summer jokes that made us laugh hopefully you can have a laugh too.

- When do you go at red and stop at green?
When you're eating a watermelon.

- Which letter is the coolest?
Iced t.

- What do snowmen do in summer?
Chill out.

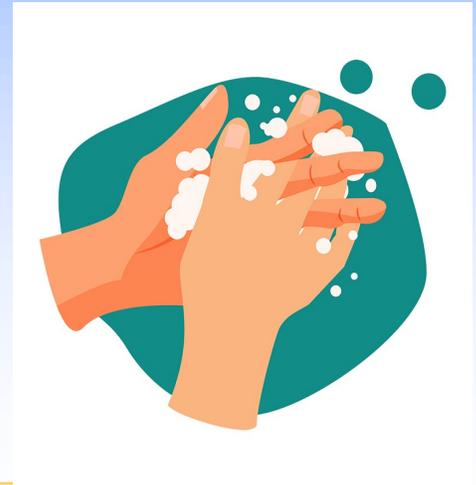
- Why are gulls named seagulls?
• If they were by the bay, they'd be bagels.



Washing our Hands



Washing your hands is one of the easiest things you can do to stay healthy. When we wash our hands we should use soap and water we then run our hands under the sink for 20 seconds. some people even sing the Happy Birthday song in their head to use to keep track of the time while washing their hands. After you finish washing your hands you should always dry them using a paper towel or a towel, and never dry our hands on our pants or shirts.



Wearing Sunscreen

Sunscreen is an important part of protecting yourself from potentially dangerous UV rays. In order to get the most use out of sunscreen you should only use about a handful but make sure to cover all parts of exposed skin including ears, back, shoulders and knees and legs.





Washing our Hands

Pathways to Opportunities.

HOW TO WASH YOUR HANDS PROPERLY



1.



Get your hands wet with clean water

2.



Apply soap and rub them together

3.



Don't forget between your fingers, fingertips, the back of your hands and even your wrists

4.



Scrub like this for at least 20 seconds. Try humming a song like "Happy Birthday"!

5.



Rinse using clean, running water, just like step 1

6.



Dry your hands using a clean towel



Thank You!

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Opportunities

Thank you for taking your time to read our newsletter, we appreciate everyone who helped create this newsletter for this month. We hope everyone has a fantastic June and we hope you have a ton of fun and most importantly stay safe!



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