Cape Atlantic INK Summer 2025

Sun Safety

According to Johns Hopkins Medicine (2025) wearing clothes to cover your skin is the best defense against sun exposure. Long sleeve tops, pants, socks, and sneakers are examples.

For skin that is exposed, apply a SPF of 30 or higher every 2 hours. Use a "broad spectrum" sunscreen to protect against both UVA and UVB rays. Reapply after sweating or coming out of the water.

The sun is strongest during the hours of 10am-4pm so it is recommended to find a shaded area for all or most of that time frame.

Wear sunglasses with UV400 protection to block 99% of UVA and UVB rays. Dark or tinted sunglasses may not have UV protection so check labels.

Hats are also very important for sun safety. Anyone who has no, or fine hair should wear a hat in order to protect their scalp from sun damage.

Protect your lips with lip balm with at least SPF 15

Summer Jokes!
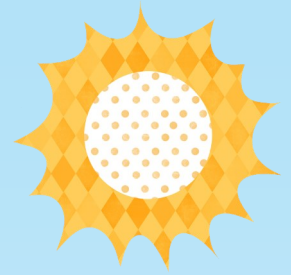How do you know that the ocean is friendly?
Because it waves!
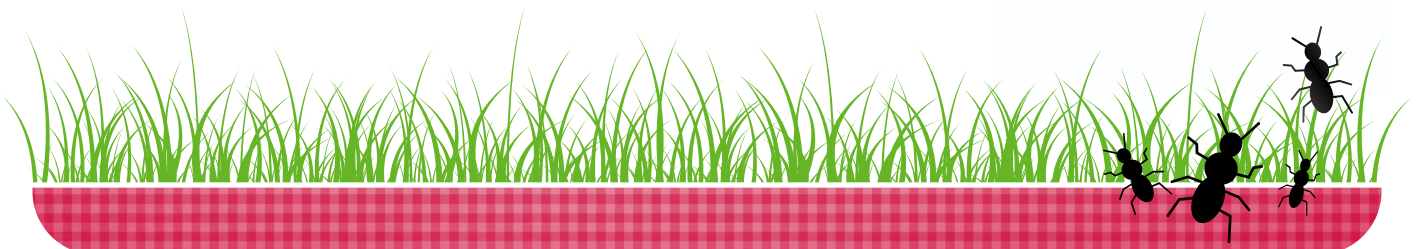What do the mermaids use to call their friends?
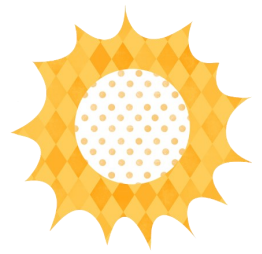Shell phones
What did one ocean say to the other ocean?
Nothing, they just waved!

Reminder! Summer is a great time to schedule your child for a well check up with their pediatrician. Most schools require an updated list of immunizations and a physical each fall.

"When the sun is shining I can do anything; no mountain is too high, no trouble is too difficult to overcome." — *Wilma Rudolph*

Staying Hydrated

Staying hydrated in the summer is essential for maintaining energy, regulating body temperature, and supporting healthy habits. As temperatures go up, our bodies lose more water through sweat, increasing the risk of dehydration. Proper hydration helps prevent fatigue, headaches, and heat-related illnesses. While drinking water is key, there are creative and enjoyable ways to stay refreshed.

Infusing your water with fruits like lemon, cucumber, or berries for a flavorful twist.

Eating water-rich foods such as watermelon, cucumbers, oranges, and strawberries can also boost your hydration levels naturally.

Smoothies made with fresh fruits and vegetables are another delicious option.

Coconut water, herbal teas, and homemade popsicles offer variety while keeping you cool.

carrying a reusable water bottle and setting reminders to sip throughout the day.

Staying hydrated isn't just about drinking, it's about making mindful, fun choices that keep your body happy and healthy all summer long

Summer Quinoa Salad

Salad Ingredients

1 cup chopped Persian or English cucumber

1 cup chopped cherry tomatoes

1 cup canned chickpeas, drained and rinsed

3/4 cup corn, fresh or frozen and defrosted

3 tablespoons chopped fresh basil

2 cups cooked and cooled quinoa

Kosher salt and fresh ground black pepper to taste

Lemon Vinaigrette

1/3 cup fresh lemon juice

2 tablespoons olive oil

1 tablespoon dijon mustard

1 tablespoon honey

Kosher salt and fresh ground black pepper to taste

Instructions

Combine all of the ingredients for the salad in a large serving bowl.

In a small jar add all of the ingredients for the vinaigrette. Cover with the lid and shake until well combined. Pour the vinaigrette over the salad and stir until everything is coated. Serve immediately or cover and refrigerate until ready to serve.