

## Welcome Gardeners!

Hopefully the last day of frost for this planting year has come and gone. It's time to think about planting for summer and fall harvesting.

Common crops that can be planted in May (and after) are:

Beans, snap (both bush and pole)  
 Collard Greens  
 Cucumbers  
 Eggplant  
 Kale  
 Peppers (both sweet and hot)  
 Squash (both summer and winter)  
 Tomatoes

**A good rule of thumb:** Plant Memorial Day weekend. By then, the soil has hopefully warmed up, and your plants will have a much better chance to grow and thrive.

## Cilantro Lime Grilled Salmon

**Ingredients**  
 4 (6-oz.) salmon fillets  
 Kosher salt  
 Freshly ground black pepper  
 4 tbsp. butter  
 1/2 c. lime juice  
 1/4 c. honey  
 2 garlic cloves, minced  
 2 tbsp. Chopped cilantro

**Directions**  
**1. Season salmon with salt and pepper. Heat grill and place salmon on grill flesh side down. Cook for 8 minutes then flip and cook on other side until salmon is cooked through, 6 minutes more. Let rest 5 minutes.**  
**2. Meanwhile make sauce:** In a medium saucepan over medium heat, add butter, lime juice, honey, and garlic. Stir until butter is melted and all ingredients are combined. Turn off heat and add cilantro.  
**3. Pour sauce over salmon and serve.**



# Home Of The Braves

## Wellness Newsletter

### Banks School District Wellness Committee

#### A Few Summer Safety Tips

- ~Teach your children to always wear a helmet while biking, riding a scooter, skateboarding and roller skating.
- ~Wear reflective clothing, learn and practice the Rules of the Road.
- ~Never run out into the street from between parked cars.
- ~Look for cars and cross at crosswalks.
- ~Don't be distracted by earphones or cellphones while crossing streets.
- ~Protect your children from the sun by using sunscreen and sunglasses. Avoid the strongest rays between 10 a.m. and 2 p.m.
- ~Teach your children to swim. Never allow children to play around water or swim unsupervised.
- ~Use lifejackets while playing near water, boating, and while on docks. Ponds, five-gallon buckets, and wading pools are hazards for very young children.
- ~Practice barbecue safety. Keep matches and lighters away from children. Never leave the grill unattended and keep small children away from the hot barbeque. Use care when eating foods like hotdogs, grapes, hard candy as they can be choking hazards.

#### Summer Fun

Thank you everybody for a wonderful school year. As we head into the summer months, I would like to wish all of you a great summer vacation. I would encourage all of the children out there to be active and avoid too much technology time. Make sure you are active for at least 60 minutes every day.

Set goals for your summer days and how much outdoor fun you can have. Make sure you exercise your mind each day as well with summer reading goals. Most importantly, have fun and be active. We will see you next school year!! Happy summer break!!

**Sincerely,**  
**Mr. Leo**  
**Superintendent**  
**Wellness Committee Chair**

### Children from 1-18 can come to these locations for free meals this summer!

**Lincoln Park**  
 2725 Main Street  
 June 18th—August 17th M-F  
 Lunch 12:00pm - 12:30pm

**Joseph Gale Elementary School**  
 3130 18th Avenue  
 June 18th—August 17th M-F  
 Breakfast: 8:00am - 9:00am

**Rose Grove Park**  
 3839 Pacific Avenue  
 June 18th—August 17th M-TH  
 Lunch: 12:00pm - 12:30pm

**Neil Armstrong Middle School**  
 1777 Mountain View Ln  
 June 25th—July 19th M-Th  
 Breakfast: 7:50 - 8:10am

**Harleman Park**  
 795 S Heather Street  
 June 18th—August 17th M-F  
 Lunch 12:00pm - 12:30pm

**Bard Park**  
 2921 22nd Avenue  
 June 18th—August 17th M-F  
 Lunch 12:00pm - 12:30pm