

Fun in the Sun, Let's be safe about it!

It's summer time, a time to enjoy the great outdoors. With enjoying the great outdoors, comes responsibility for your safety and others. I'm specifically talking about [Water Safety](#), and [Sun Safety](#). Click the links for some safety tips on water and sun safety.

I remember in the last month of school I would always talk to my students about enjoying the summer and being safe and always included a lesson on water safety and sun safety. According to the CDC, there are an average of 3,960 drownings each year in the U.S. and approximately 600 deaths occur due to extreme heat. Making students aware of the dangers can save a life.

What Motivates You?

How do we get ourselves motivated for the upcoming year? How do we plan on getting our students motivated so that they can achieve success? In this article, "[Types of motivation](#)", you will read that there are all sorts of ways to get yourself motivated to be the best for your students, as well as find ways to motivate your students to achieve success. A short article for a great summer read. It's never too early to get motivated for our students.

Don't forget to check the [Arizona Department of Education Physical Education](#) page for past newsletters, future PD's and upcoming information. Stuv in the know!