



Integrated Network for Kids

Spring Newsletter 2025

Mixed Berry Salad

Try this refreshing and delicious spring mixed berry salad that combines fresh berries with strawberry vinaigrette dressing. It is perfect for a picnic or any meal.

Recipe: Mixed Berry Salad

5-ounce package spring mix, mixed baby spring greens, and lettuce.

1 cup of strawberries

1 cup of blueberries

1/2 cup of mixed nuts (walnuts, almonds, and cashews)

1/4 cup blue cheese crumbles or feta cheese

Strawberry Vinaigrette

(Alternative dressings to use are balsamic, raspberry, apple cider, or red wine vinaigrette)

To elevate this salad, add your protein of choice!

Spring into the Outdoors!

With the warmer weather ahead, you can begin to look forward to flowers blooming, more sunshine, and the chance to get outdoors more! Getting outdoors has great benefits for overall health and wellness.

Some of these benefits include increasing our physical activity,

improving our mood, and helping our body with vitamin D

production due to sunlight exposure.

Try these activities to increase your time outdoors this spring:

- Go for a bike ride or walk with your family.
- Have a picnic outside during lunchtime.
- Give gardening a try!
- Go on a nature scavenger hunt.
- Kick or throw a ball around.
- Go to the local lake to fish or just to enjoy the views.



Spring Cleaning - Office Edition

Did you know that spring cleaning doesn't just apply to your home?? Take some time this spring to focus on cleaning out your office area as well! The state of your workspace can have an impact on your performance. Maintaining a clean and tidy workspace can improve productivity, increase positivity and work attitude, as well as create a healthier and safer workplace, while reducing stress. Try the following steps:

1. File Paperwork & Eliminate Digital Clutter - Create a filing system for physical paperwork and get rid of unneeded paperwork. Review and delete unused apps on your devices, organize and clean out your inbox, and file documents into folders.
2. Organize Supplies - Gather your work supplies into one area of your desk, like a specific drawer, to avoid scattered items and make items easier to find.
3. Clean Your Work Space - Get rid of any junk or nonessentials. Disinfect your desk, computer, keyboard, phone, etc. If you have a home workspace, don't forget to sweep or vacuum!
4. Decorate! - Update your pictures, add some art, or plants to spruce up your work area. Make your space a reflection of you and the work that you do.

Once you've done your spring cleaning, take some time each week to keep up with your office area.

visit our website for more helpful information
capeatlanticink.org

Spring HAS SPRUNG!

Get Reading!

Reading is an important activity for children to develop vocabulary, increase critical thinking skills, analytical skills, focus and concentration and writing skills. For some children that struggle with social situations, books can help them develop understanding. Books can also be a relaxing escape from daily stressors. Books can be borrowed for free from public libraries and our local library systems have apps that can be downloaded, and books can be read from electronic devices. For ages 3 to 7, 'We're Different, We're the same by Bobbie Kate's celebrates differences and the common human connection. For ages 6 to 8, 'Be Your Best Bear!:Life Lessons from the Berenstain Bears by Stan Berenstain and Jan Berenstain present valuable lessons about responsibilities and growing up. 'The Invisible Boy' by Trudy Ludwig shows how small acts of kindness can help children feel included and allow them to flourish. For ages 9 to 12, 'The School for Invisible Boys' by Shaun David Hutchinson is about a boy who triumphs over his bully. For ages 10 and up, 'Turtle Boy' by M. Evan Wolkenstein is a story about body positivity. For ages 11 to 14, 'Three Times Lucky' by Sheila Turnage for a humorous mystery . For 14 and up, 'I must Betray You' By Ruta Sepetys is an award-winning historical mystery and 'the Reappearance of Rachel Price' by Holly Jackson is a nominee for Goodreads Readers' Favorite Young Adult Fiction in 2024. Fans of fantasy may enjoy 'Vampire Academy' by Richelle Mead. Librarians can also be a great source for book recommendations.



Seasonal Allergies

With springtime quickly approaching, many will face the unwanted challenges from seasonal allergies

. Runny nose, itchy eyes, frequent sneezing, and scratchy throat are some of the common symptoms of seasonal allergies

. What are some ways to combat these unwanted feelings?

According to the Cleveland Clinic,

the best strategies to combat allergy symptoms include:

1. Reducing exposure to pollen and other sources by staying indoors, using the air conditioning, air purifier, and driving with the window up and A/C on.
2. Pollen exposure is the highest around 5am-10am so try to avoid being outdoors during this time.
3. Avoid wooded areas, smelling flowers, and touching pollen. Be sure to wash your hands if you encounter pollen and avoid touching your face.
Try wearing a mask while doing yardwork.
4. Clean HVAC and Car air filters.
5. Consult with primary care physician regarding allergy medications and any further treatment options.

Click this link to search for the pollen forecast in your area.

<https://weather.com/forecast/allergy/I/08210:4:US>