

April 22, 2020 Wednesday

Dear D.A.R.E,

The most important thing to do while this pandemic is stay safe. We all need to stay safe by washing our hands, keeping a distance between others and eating healthy foods.

For eating healthy foods such as salad, fruits and vegetables, a good amount of meat on your plate and water for the drink, you don't want to drink any sodas because, they are unhealthy.

Now with washing your hands you have to wash them very well. Put them under room temperature water not too hot and not too cold.

Keeping distancing is most important because if we all crowd together the covid-19 would spread if one of your friends possibly has it and gives it to you that would be a mess.

I hope you all are safe and happy with your family and have a wonderful day stay safe!

Sincerely,

Haelei Davis 5th grade Ms. Gilbride