

HRG-UCLCC NEWS

July 2008



Dear Families,

The summer is quickly moving forward. It is week 5 of our summer session and we are very busy. The teachers are planning many fun activities including field trips, swimming, art, crafts, science, drama and language arts. If you want to see your child's group plans, check the group bulletin board on the wall across from the sign-in computer. The rest of the Summer, the children will have a great time !!! ☺



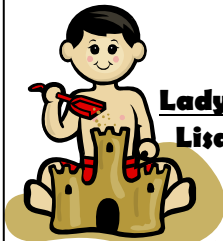
Staffing

The next four weeks our great teaching staff is as follows:

Fireflies (6 months-2 years)

Kari A.

Beth
Abby
April
Ong V



Ladybugs (2-3 years)

Lisa M. /Denelle H.

Candace
Kaitlyn

Bumblebees (3-5 years)

***Marge A. /Ashley F.**

***(Marge & Alysia (ST) work until Aug 1st)**

Alysia (ST)
April
Allison
Lisa



Dragonflies (School age)

Alicia U

Melissa V
Alissa
Michelle

Themes for Summer



July 14-18	The Artist in ME!
July 21-25	Outer Space
July 28-Aug 1	Camp Out!
August 4-8	Water, Water Everywhere



Gentle Reminders

- ☀ Billing for July 14 – August 8 is due by August 8.
 - Delinquent bills must be paid in full by the end of the summer to enroll in Fall Semester. Speak with the director for any questions.
- ☀ Swim groups continue and are going very well. The last day for swimming is August 7.
- ☀ Please dress your child in play clothes and shoes (for safety: tennis shoes and socks- NO SANDALS PLEASE!)
- ☀ August Interim: If you plan to use the center August 18-29, please make sure you have previously registered.
 - We need to know everyone's schedule before the session starts. (By Aug. 11 to get credit for days off)
 - No infant (Fireflies) care is available during this time.
 - Check with office if there are questions.



Summer Hours

Our summer hours are 7:15-4:30 daily.
Your child must be picked up by 4:30pm.



COOL!

Tips for dealing with the heat with children

- NEVER leave any child or baby in a car- even for a short time. Temperatures can quickly become higher than 100°F!!
- Keep your house COOL with an air conditioner or fan. Cover the windows to keep the sun out.
- INFANTS who are breastfed need frequent on-demand feedings in hot weather. Bottle-fed infants can have some boiled water, cooled in the refrigerator on hot days. DO NOT DILUTE FORMULA unless your doctors say so.
- Give children over the age of 6 months plenty of water or juice (NO SODA) throughout the day.
- Children and infants should wear LOOSE FITTING, LIGHTWEIGHT CLOTHES. Add a HAT to keep heads cool and SUNGLASSES to keep the sun out of their eyes.
- Make sure all children and infants have plenty of SUNSCREEN on with SPF30 or more. A baby under 6 months should not be in direct sunlight!
- Get your child to a doctor IMMEDIATELY if your child is nauseous or vomiting, has a headache, or acts confused. A cool bath with a damp washcloth can help cool down a child who is overheated.

Sunscreen

Please apply the first application of sunscreen at home or when you drop your child off.

NOT ALL CHILDREN'S SUNSCREEN IS TEAR-FREE! We recommend tear-free sunscreen for children under 4.

Rotating Snack Menu

The Center Provides Snack with Milk



Applesauce and grahams
 Fruit (fresh and canned)
 Wraps (peanut butter or cheese)
 Peanut butter crackers
 Peanut butter and jelly sandwiches

Veggies and Dip (peanut butter/ranch)
 Crackers and Cheese
 Cereal
 Vanilla yogurt and animal crackers
 Baked surprise!



Cool "Green" Idea: 5 Natural Pest Repellents

1. Ants: Sprinkle cinnamon, bay leaves, cayenne pepper or baby powder in problem areas and along baseboards and windowsills
2. Cockroaches: Sprinkle equal parts of baking soda and confectioners' sugar in problem areas.
3. Mice: Place cotton dipped in peppermint oil in problem areas. Kitty litter works as a repellent.
4. Mosquitoes: Mix 2 teaspoons of apple cider vinegar in a glass of water placed on your deck or balcony or dab lavender oil on your wrists and elbows.
5. Flies: Small sachets of crushed mint placed around the home will discourage flies, as will a potted sweet basil plant.