

***Spin Preschool Newsletter…A program proudly brought to you by Starpoint***



***2019***

**Messages**

**Welcome to Summer time at SPIN! All the classrooms are planning fun summertime activities! Please be aware that the children do spend a lot of time outside this time of year. Please be sure that your children have sunblock to wear every day! I know many classrooms are asking for donations. Sun protection is very important! Hope you all have a happy and safe summer!**

**Thank You, Michelle Trenhaile, Center Director**

**Infant Room**

**It is getting warm outside. The infants are starting to notice the weather change and watching through the windows. Caregivers are talking to them about the weather changes: the wind blowing, rain falling, and the sun shining. Wild life have come a little closer to eat in the grass. The infants are really interested in the deer and birds.**

**We have begun to do warm day stroller rides around the parking lot and all the infants seem to enjoy it. On shady afternoons we may venture out and play in the grass.**

**Thank You,**

**Kris, Angie, Pam**

**Toddler Room**

**The month of June is here, and along with it a lot of warm weather. We will begin having water days every Thursday. Please bring in a towel, swimsuit, and swimmers, so that we can have fun in the water. We are also asking for donations of sunscreen for our classroom. We do go outside twice a day, so we tend to go through a lot. Please look in your child’s cubby to be sure they have extra clothes. Have a Happy Father’s Day to all you Dads!**

**Thank You,**

**Karen, Sara, Pam**

**Purple Room**

**Welcome summer and welcome Ms. Patti!!! We will be doing water days on Tuesdays and Thursdays. Please bring a swimsuit and towel with your child’s name on it. This is the time of year that sunscreen (lotion only) donations are important and appreciated.**

**We will be starting a new study on insects. Look for more information soon.**

**Thank you,**

**Patti and Kaylee**

 Ms. Lorene

 **Orange Room**

**Hello everyone! There have been a lot of changes lately and we are excited to be spending the summer with your child.**

**The month we will wrap up the insect study and begin the exercise study.**

**Water day will be Tuesdays and Thursdays. Make sure your child has swim wear and a towel, labeled with their name.**

**Thank you,**

**Nikki**

**Green Room**

**Welcome all to the summer program, we're excited to be spending a few more weeks with you. Over the summer we will keep up with some of the routine the kiddos are used to, however we do a lot of play this time of year. Ms. Savanna and I will be coming up with multiple activities for them to do as well as spending quite a bit of time outside. If you have any questions please let us know.**

**Thank You,**

**Savanna and Nina**

**School Age**

**Welcome to the 2019 school age group! I am so excited to start this summer off with new and old faces! This summer we will be doing a couple new things. We have decided to put together some age appropriate “minute to win it” games. We will be taking two field trips to the splash pad. We will also be watching some movies. We will be doing water days every Tuesday and Thursday, so please bring sunscreen, swim suits and towels. Please put names on everything! Per your parent handbook “We are not responsible for anything that is lost stolen or broken”. If your kids are going to bring electronics please know that they only get to play on them for an hour and then they will be put away for the rest of the day. Let’s have a great summer!**

**Thank You,**

**Savanna and Carol**

**Making Kids Water Wise**

It's important to teach your kids proper pool and spa behavior, and to make sure that you take the right precautions, too. Let kids know that they should contact the lifeguard or an adult if there's an emergency.

Kids shouldn't run or push around the pool and should never dive in areas that are not marked for diving. If the weather turns bad (especially if there's lightning), they should get out of the pool immediately.

Above all, supervise your kids at all times. Don't assume that just because your child took swimming lessons or is using a flotation device such as an inner tube or inflatable raft that there's no drowning risk. If you're at a party, it's especially easy to become distracted, so designate an adult who will be responsible for watching the children. If you leave your child with a babysitter, make sure he or she knows your rules for the pool.

Seconds count when it comes to water emergencies, so take a cordless phone with you when you're watching kids during water play. A quick-dial feature keyed to 911 or your local emergency center will also save additional seconds. If you receive a call while supervising kids, keep your conversation brief to prevent being distracted.

Once you've installed all your safety equipment, review your home for water hazards and plan what to do in an emergency. Learn [CPR](https://kidshealth.org/en/parents/cpr.html) (other caregivers should learn it, too) and make sure you have safety equipment, such as emergency flotation devices, that are in good shape and are close at hand when boating or swimming.

Post emergency numbers on all phones and make sure all caregivers are aware of their locations. After your kids are finished playing in the pool for the day, be sure to remove all pool toys and put them away. Children have drowned while trying to retrieve playthings left in the pool.

Keep water safety a priority, even after the swim season is over. Pools with covers are not safe; many kids try to walk on top of pools during the winter months and may get trapped underneath a pool cover.

In addition, icy pools, ponds, and streams are tempting play areas for kids, so keep your pool gates locked and teach your kids to stay away from water without your supervision. If you have an above-ground pool, it's wise to always lock or remove the ladder when the pool is not in use.

**https://kidshealth.org/en/parents/water-safety.html**

SPIN Early Care and Education Center June 2019 Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3)**B**- WG french toast sticks, mandarin oranges, milk**L**- Beef w/ broccoli and brown rice, orange slices, milk**S**- WG pretzel rods w/ cheese sauce, milk | 4)**B**- cream of wheat, peaches, milk**L**- chicken pasta salad w/WG noodles, apple slices, cooked carrots, milk**S**- hardboiled eggs, saltines, water | 5)**B**- WG cereal, mixed fruit, milk**L**- ham and beans, beets, pears, WG bread, milk**S**-cheese sticks, orange slices, water | 6)**B**- WG pancakes, banana, milk**L**- Tuna salad sandwiches, apricots, cucumber slices, milk**S**- celery and carrot sticks w/ almond butter, water | 7)**B**- WG english muffin w/ jelly, applesauce, milk**L**- Turkey gravy w/ mashed potatoes, peas, WG bread, milk**S**- cottage cheese w/ pineapple, water |
| 10)**B**- oatmeal, mixed fruit, milk**L-** Johnson’s temptation, saltines, corn, peaches, milk**S**- WG tortillas w/ cheese slice, water | 11)**B**- WG biscuits and gravy, orange slices, milk**L**- red beans and brown rice, carrot sticks, cucumber slices, milk**S**- WG graham crackers, milk | 12)**B-** WG tortilla w/ cinnamon, banana, milk**L**- Beef Sheppard’s pie, mixed veggies, pears, crackers, milk **S**- celery, cauliflower w/ ranch, water | 13)**B**- WG bagels w/ cream cheese, apple slices, milk**L**- Chicken & bean Nachos w/ corn chips, beets, apricots, milk**S**- cucumber sandwiches, water | 14)**B**- WG waffles, applesauce, milk**L**- Rotini bake w/ beef and WG noodles, green beans, mandarin oranges, milk**S**- yogurt, apple slices, water |
| 17)**B**- WG cereal, bananas, milk**L**- sloppy joes on WG bun, corn, apricots, milk**S**- Celery w/ cream cheese, peaches, milk | 18)**B**- scrambled eggs, WG toast, applesauce, milk**L**- turkey and cheese sandwiches, mixed veggies, orange slices, milk**S**- cottage cheese and peaches, water | 19)**B**- cream of wheat, mixed fruit, milk**L**- tuna pasta salad WG noodles, cucumber slices, apples slices, milk**S**-toast w/ jelly, milk | 20)**B**- WG pancakes, pineapple, milk**L**- WG chicken nuggets, carrot sticks, orange slices, milk**S**-goldfish, milk | 21)**B**- WG english muffins w/ sausage and cheese, pears, milk**L**- chili cheese fries, green beans, saltines, mixed fruit, milk**S**-cheese sandwiches, water |
| 24)**B**- WG cinnamon toast, applesauce, milk**L-** Hamburger on WG bun, mixed veggies, cucumber slices, milk**S**- hardboiled eggs, apple slices, water | 25)**B**- WG french toast sticks, bananas, milk**L-** WG mac & cheese w/ ham, corn, peaches, milk**S**- cucumber sandwiches, water | 26)**B**- WG biscuits w/ jelly, orange slices, milk**L**- chicken enchilada casserole w/corn tortillas, green beans, mixed fruit, milk**S**- pretzel rods w/ cheese sauce, milk | 27)**B**- scrambled eggs w/ WG tortillas, pears, milk**L**- tuna noodle casserole, beets, apple slices, milk**S**- cheese sticks, bananas, water | 28)**B-** WG waffles, peaches, milk**L-** Bean and Cheese burritos w/ WG tortillas, peas, apricots, milk**S-** yogurt, graham crackers, water |

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(1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

\*\*All milk served to participants is unflavored, all participants 2 years and older are served low-fat (1%) milk and children under 1 year old are served whole milk

\*WG = Whole Grain