



Winders Wee Care June 2011 News

Field Trip Time!

Summer is Field Trip Time and this summer all but one of our adventures will be happening on Trip Tuesdays. Along with this newsletter is a list of field trips for the summer. It includes the time we are leaving and

returning, where we are going, and the cost per child. It is very important to remember we leave on time for our trips, so please have your child here on time. In general, we need kids to be here at 9 am and will leave between 9:15 am and 9:30 am. If your child needs a high back booster seat, please bring this with you as I have only low back booster seats. I have hired Rhonda Porter to assist on our trips. She currently provides transportation for a preschool and works at a city school. I have her FBI/BCI clearance, insurance, clean driving record, and First Aid/CPR certification.

On most trips we will be having a picnic lunch. For ease, this usually consists of a lunchable, juice, and fresh fruit. If there is something specific you know your child will or will not eat, please let me know.

Children may bring spending money if they wish. When you bring your child, they will be issued a cash log and the log, along with cash, will be put into a Ziploc bag. I will hold their money, complete the log to explain purchases, and return it at the end of the day. If there is anything specific you do not want to have purchased, please let me know when you drop them off.

Fees for field trips should be paid the day of the trip, preferably, but may also be paid in one lump sum. If you pay on the day of the trip, payment must be in cash. Lump sums are the only way a check will be accepted.

The field trip schedule will be updated online this weekend and will be listed in a downloadable form as well as be placed in the interactive calendar. If you do not have your Emergency Contact Forms and Permissions turned in, they must be turned in by Monday, June 6. Children without these forms completed will not be able to go with us on the field trips.



Trip Tuesdays
are here!



Summer Reading Clubs

All the children at Winders Wee Care have been registered with two reading clubs. I always write down the books we are reading here as part of our every day curriculum in order to fill these spots up. If you would like to transfer the books from the daily log and include their reading at home on the sheet, just let me know. The book forms are filed together by reading club in the hanging file cabinet.



The children have been registered for 2 reading clubs!

I have enrolled the children with the Columbus Metro Library reading club as well as the Barnes and Noble reading club. The Columbus Metro Library gives prizes along the way while Barnes and Noble gives kids a free book once they have read seven books. We read at least seven books together each week. I will be contacting Barnes and Noble to find out if they can receive only one free book or if they can receive a free book each week.

Summer reading clubs are an awesome way to get children excited about reading, but remember Columbus Metro Library has summer reading programs for adults, too! They have prizes for adults and it takes no time at all to register yourself. Registration for both clubs is available online!

Summer Water Fun

Summer is here and we have already had quite a few hot days. In addition to just playing outside a lot, we will also be playing in the water quite a bit. While I do have a baby pool, most often the children will be able to play in a sprinkler or in public water splash areas such as Easton fountains or Homestead Park. If you have not already done so, swim diapers, swimsuits, or extra clothes can be left here in the child's box or sent with them every day. I will check each child's bag to be sure I have appropriate clothing for them here. Swimsuits and/or swim diapers do not need to be left here but can be brought each warm day. Keep in mind, it has to be very warm before we will play outside in the water.

When it is hot outside, we are likely to be getting wet.

Each child will have sun block applied after 15-20 minutes of outdoor play, depending on the severity of the sun.

Have a pool? In Ohio you need to have a fence!

A homeowner in Ohio who has a swimming pool must build a fence around it to prevent accidental drownings and related injuries. Privacy fences for pools can also keep out trespassers.

Swimming pool privacy fences in Ohio need to be constructed either around the pool or around the property on which the pool resides. All swimming pool privacy fences must be kept in good working order and be affixed with a locking gate.

Municipal governments in Ohio have the right to create their own guidelines regarding private swimming pool fence requirements.



Sun Protection and Your Child

Myth: There is no real difference in how UVA and UVB rays affect skin.

TruKid Truth™: UVB rays only penetrate the top layer of skin causing it to burn. UVA penetrates deeper and causes damage to skin elasticity and more importantly, causing skin cancer, when searching for a sunscreen please remember a "broad spectrum" sunscreen is best.

Myth: Sunscreens protect all day.

TruKid Truth™: Regardless of the SPF or what the label says, sunscreens must be reapplied every 80 minutes or less. Users mistakenly think a high-SPF product will protect them all day with one application, when in fact all sunscreens must be reapplied regularly.

Myth: Some sunscreens are waterproof or sweat proof.

TruKid Truth™: The FDA is banning the word "waterproof." Now "water/sweat/perspiration resistant" is accurate but this only means the sunscreen offers SPF protection after 40 minutes of water exposure. "Very water resistant" gives 80 minutes of protection. Re-apply, re-apply, re-apply!

Myth: Sunscreen can provide total sun block.

TruKid Truth™: No sunscreen blocks 100 percent of UV rays. SPF 15 protects against 93 percent, though. SPF 30 protects against 97 percent. SPF 50-60 shut out 98 percent. The higher the SPF the more harsh chemicals are in the product.

Myth: Sunscreen is all you need to stay safe.

TruKid Truth™: Sunscreen is only one piece of the puzzle. Other pieces include seeking shade between 10:00 AM and 4:00 PM, covering up with clothing, wearing broad-brimmed hats and UV-blocking sunglasses, completing self-exams/exams on your children, and scheduling for annual professional skin evaluations.

Myth: All sunscreens block some UVA.

TruKid Truth™: Many sunscreens provide some UVA protection; some safe ingredients found in broad-spectrum sunscreens include zinc oxide, and titanium dioxide. These reflect the sun by sitting on top of the skin and not by being absorbed.

Myth: An SPF 60+ provides double the protection of an SPF 30.

TruKid Truth™: This is exactly why the FDA is putting a Cap on high SPFs. SPF 30 provides skin with 97% protection, where as SPF 60 provides skin with 98-98.6% protection. There is less than 1.6% difference in protection factor. A SPF 60+ needs more chemicals to achieve a higher SPF, potentially putting more toxins in your body.

Myth: When using aerosol sunscreens, you can easily cover your body without missing a spot, therefore effectively protecting your skin.

TruKid Truth™: While being applied, aerosol sunscreens can lose much of their protection during transfer from the bottle onto the skin, as not all of the molecules land on your body.

Thank you to askmen.com for the above information

June 2011	MON	TUE	WED	THURS	FRI
<u>Gardening Week</u> *Water a Flower Day is 5/30 Letter I Number 9	30 Flower Recipe Holder I is for Ice Cream 9 Color Sheet	31 Gardening Can Color the Letter I Identify and Circle 9	1 Garden Wind Chime I is for Iguana Trace Color 9 Butterflies	2 Garden Pot Trace Jj Color Count 9 Stars	3 Planting Seeds I Worksheet Color Trace Count 9
<u>World Environment Week</u> Letter J Number 10	6 Toothpick Cactus Color Jj 10 Color Sheet	7 Franklin Park Conservatory \$10/child 9:30am-1pm	8 Rain Forest Vine J is for Jellyfish Circle 10	9 Ocean Collage Trace Jj Color and Trace 10	10 Blue Sheep J Worksheet Count to 10 Ice Cream
<u>Flag Week</u> Letter K Circles and Ovals	13 Handprint Flag Color Kk Color oval and circle	14 The Flag Lady \$5/child 9am-11am	15 Design Your Own Flag K is for Koala Trace oval and circle	16 FD Secret Trace Kk Circle Caterpillar	17 FD Secret K Worksheet Oval mouse
<u>Museum Comes To Life Week</u> Letter L Squares & Rectangles	20 Paper Towel Totem Color Ll Color Square and Rectangle	21 Make a Fossil Print L is for Lemon Trace Square and Rectangle	22 Woolly Mammoth Page Trace Ll 9 squares	23 Ohio Historical Society \$8/child 9:30am-1pm	24 Covered Wagon L Worksheet Xylophone Craft
<u>July 4th Week</u> Letter M Diamonds & Trapezoids	27 Quilt Squares 1-3 Color Mm Color Diamond and Trapezoid	28 Circle S Farms 9am-1pm \$11/child	29 Quilt Squares 4-6 M is for Moon Trace the diamond	30 Quilt Squares 7-9 Trace Mm Triangle diamonds and trapezoids	1 Quilt Top and Bottom M Worksheet Kite Craft