



# UNITED DAY NURSERY, INC. PARENT NEWSLETTER

Summer 2011 – July

\*Sponsored by United Lutheran Church and a Participating United Way Agency \*

[WWW.DRAVES.COM/UDN](http://WWW.DRAVES.COM/UDN)

## ***SUMMER will soon be here...!***

*Or so we hope!* Sunscreen is important every day (of the year actually!) – the clouds do not deter UVA or UVB rays and burns still occur. UV rays penetrate clouds. So don't let your guard down on cool, cloudy days.

## **7 Ways to Outsmart the Sun**

Smart, serious sun protection is literally a gift that lasts a lifetime. Sun safety is easier than ever and the earlier you start, the better off your child will be. Following are seven quick, head-to-toe sun protection tips.

- 1) Kids' skin is extra sensitive, so it's important to use sunblock that's specifically formulated for children. Look for sunscreen that's hypoallergenic and PABA-free, with an SPF of 45 or higher. Make sure it goes on easily as well as to reapply 'liberally' frequently. [National news says an adult is to apply 1 full oz. (golf ball and/or a shot glass size) of sunscreen!]
- 2) Did you know ordinary t-shirts let in up to 50% of dangerous UV rays? There are UPF fabrics available to dress your child in.
- 3) Protect those little peepers! Sunglasses are not to be just cute – rather are to offer UV protection also.
- 4) Don't forget baby's ears, head, and that sensitive back-of-the-neck; sun hats now also come with UV protection.
- 5) Another easy-to-miss spot: the tops of those tiny feet.
- 6) Get your child in the habit of covering up as soon as she/he comes out of the water.
- 7) Take along your own instant shade, like a UV cabana, umbrellas, and other protective gear.

\*The national news also shared this summer that there is no such thing as waterproof or sweat proof sun screen either!! All sunscreens are to be reapplied at least every 2 hours and right away after swimming and/or sweating!

\*Research shows that 4 out of 5 cases of skin cancer could be prevented, simply by practicing good sun protection. Start building healthy sun habits now, and it will become second nature as your child grows. Someday your child will thank you for it!  
Information taken from "One Step Ahead Play it safe...be a Sun Smartie!" web site.

## REMINDER...

### ***SUNSCREEN and INSECT REPELLANT***

All children are to have sunscreen and insect repellent applied before arrival – each day! – by their parent(s) or guardians. It is preferred that the same brand be used so as not to mix ingredients/chemicals and that you use your own product, not the United Day Nursery supply. United Day Nursery staff will apply sunscreen (Equate - Kids SPF 50) and insect repellent (OFF Skintastic Family Care Unscented with 7% deet only) only to the child(ren) with signed permission on the specified form. This will happen at least 30 minutes before outside play. Parents are invited to purchase and bring a bottle at some point over the summer to help defray the cost.

## **MARK YOUR CALENDARS...**



### **June/July 2011**

June 30<sup>th</sup> – Annual 4<sup>th</sup> of July Parade; 10:00 a.m

***United Day Nursery's 33<sup>rd</sup> annual parade!!***

July 4<sup>th</sup> – UDN CLOSED in observance of  
Independence Day Holiday

### **Looking ahead...**

August 12<sup>th</sup> – Summer Fun 2011 concludes with  
'Fun in the Field'

August 22<sup>nd</sup> – FALL 2011 begins

\* Copies of Summer Fun 2011 calendar – have been labeled and sent home with each family. PLEASE **post this in a convenient place at home** as there's a lot of super fun experiences in store for one and all!

It is very helpful and much appreciated if you call in to the office (or catch your child's area supervisor and/or teacher) to ***let us know if your child(ren) will not be in attendance on days when they are scheduled to be here and especially so on 'special days' such as before and after a holiday.***

[Calls are always appreciated ☺ !!]

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On these potential lower count (attendance) days it's nice to be able to provide staff with time off (for those who request it.) *This is possible when parents inform us ahead of time.*  
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Quotes to ponder:

*Where friends meet, the heart is warm...and life is simple.*

Happiness depends more on the inward disposition of mind than on outward circumstances. **Benjamin Franklin**

**REMINDER:**

Pastor(s) with the church have requested that ALL **families and staff** use Entry # 3 for entering and exiting United Day Nursery. This entry is monitored by security cameras in United Day Nursery office.

*Keeping in contact with  
SAFE KIDS GRAND FORKS:*



**Next Car Seat Checkup Event:**  
**Thursday, July 14th, 2010 4-7 pm**  
**at Rydell GM Auto Center**



**The goal of this Child Care Enhancement Project (CCEP) is to improve the quality of child care across the state of North Dakota.**

For more information log on to: [ndchildcare.org](http://ndchildcare.org)

**CCEP Goal Plans**

Final Observations of Amie, Andrea and Pam are done! Andrea's just occurred in the 1<sup>st</sup> week of July. They were in action – **teaching in classrooms for this observation**. This is one of the final steps for completion of their CDA's. All three are on track to have successfully earned their certifications by early summer 2011.

Sherry is presently working on completing the last two modules for the National Director Credential.  
Module 8 Creating Partnerships with Families  
Module 9 Evaluating Program Quality

*Hopefully you are excited about the changes occurring which are quite visible – room arrangement(s), new open, low shelving units, new materials, etc. - all proving to be very successful for children and staff.*

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**Five Fat Peas**

A counting fingerplay especially useful in the spring and summer.

Five fat peas in a pea pod pressed  
(children hold hand in a fist)  
One grew, two grew, so did all the rest.  
(put thumb and fingers up one by one)  
They grew and grew  
(raise hand in the air very slowly)  
And did not stop,  
Until one day  
The pod went POP!  
(children clap hands together)



**Five Cookies**

*Action poem*

Five little cookies in the bakery shop.  
Shining bright on the counter top.  
Along comes (child's name) with a nickel to pay (or in his/her pocket).  
He/she buys a cookie and takes it away.  
(continue with four, three, two and one)

**SOME FOOD for THOUGHT:**

Shoes are to provide complete coverage and be securely fastened to the child's feet; slip-on shoes, sandals or "flip-flops" should not be worn to child care. Shoes with wheels or that leave black heel marks are also not to be worn.

It's highly recommended that girls who wear dresses also wear shorts underneath. Hats may be worn to child care, but not inside!

**Did you notice?! New wood chips – 75 yards!!**

- were delivered on Mon., June 20<sup>th</sup> and MIRACULOUSLY all were hauled into the playground by 6:00 p.m.ish! **Thanks to everyone** – staff, children, parents, board members - **for all of the hard work and for the extra 'big' equipment to assist with the project!**

Our playground is once again a very safe place for young children to play!