

Manchaca UMC CDC Newsletter

Summer 2017 Website: www.manchacaumccdc.com Email: cdc@manchacaumc.org



Summer at a Glance

Water Play Dates:

June 29th & 30th
July 20th & 21st

Chapel Dates:

Every Tuesday &
Wednesday

Stretch N Grow Dates

June 22nd & 23rd
July 13th & 14th

July 27th & 28th

Last day of
classes/End of
Summer

Upcoming Events

July 4th CDC Closed
July 25th

Fall 2017 Registration
packets go out

July 31st-August 4th

Vacation Bible
School

See Manchaca UMC
website for details

August 8th, 9th & 10th

Fall 2017

registration paper
work turn in dates

August 31st & Sept. 1st

Parent

Orientations

September 5th

First day of classes

Welcome to Summer Fun 2017

We are so thrilled that you have chosen Manchaca UMC CDC as your child's place for summer fun and learning. I know the teachers are excited about the next few weeks. The time together will be special.

Just a few reminders to make the summer a success:

- Closed toed tennis shoes with socks. These are the best footwear for climbing, running and exploring and preventing blisters. Please save sandals, boots, and Crocs to wear at home.
- Sunscreen should be applied to your child before arriving for the day. Staff are not permitted to apply sunscreen as it is considered a "medication".
- Notify the office via email or phone call if your child will be absent for one day or more. Teachers often have a special activity that they will delay if they know your child is coming.
- 10:00 a.m. is morning arrival cut off time.

Summer Staffing:

- Rm. 16 Ms. Courtney & Ms. Dorothy
- Rm. 18 Ms. Deanne & Ms. Lacy
- Rm. 19 Ms. Kim & Ms. Betty
- Rm. 22 Ms. Jeanne & Ms. Amanda
- Rm. 23 Ms. Jill & Ms. Julie
- Rm. 24 Ms. Kacy (T/Th)/Ms. Holly (W/F) & Ms. Natasha
- Floater Ms. Shawnda
- Aide Ms. Jamie
- Chapel Ms. Lyn
- Office Ms. Mary & Ms. Leigh Anne

Water Play Days Yipee!!!

On water play days, dress your child in his/her swimsuit (with swim diaper if appropriate) and closed toed water shoes that can get muddy and wet (water shoes are perfect for these days).

- Send a complete change of clothes for your child to put on after water play.
- Include: shirt, shorts, underwear (if applicable), socks and dry shoes.
- Also include a towel with your child's name on it and a plastic bag for the wet items. Be sure to put your child's name on every item.

The children get very excited and sometimes forget what they brought to wear so label the outside of the plastic bag with the change of clothes. Remember to apply sunscreen to your child BEFORE sending them to school. Please keep sunscreen out of your child's bag as it is toxic and considered a medication.

It's going to be a wonderful, wet time!

Chapel Chat

Welcome! I'm delighted to have the opportunity to share God's love with the children this summer. We will meet each Tuesday and Wednesday morning for a brief time in the sanctuary.

Chapel presentations are specific to the age of the children attending. For example, Chapel for our friends in the nursery/toddler classes will consist of singing chapel songs, looking at a picture, and a brief prayer time.

Chapel lessons for children age 2 and up will focus on character qualities shown in classic children's books such as: Corduroy by Don Freeman (friendship), Rainbow Fish by M. Pfister (sharing), Grouchy Ladybug by Eric Carle (kindness), Llama Llama Mad at Mama by Anna Dewdney (selfishness), Tale of Peter Rabbit by Beatrix Potter (obedience), and Horton Hears a Who by Dr. Seuss (the value of all people). Additionally, we will have a day of music and Psalms.

We have an exciting summer in store for us!

Blessings,
Ms. Lyn



Nutrition Bite

As the summer session begins, we can expect that outdoor temperatures will soon begin to soar! Below are a few items to keep in mind in so your child can participate to the fullest in the summer program:

Nutrition**

Nutrition is important to consider in the summer when we all become a little more relaxed. Although most children have an increase in activity during the summer months, it is important to be sure the majority of their food intake remains nutritious, high quality foods - with wiggle room for a treat now and then. Watermelon is a great option for kids, as it contains a high concentration of lycopene, an important disease-fighting antioxidant. Watermelon is 92% water and 8% sugar.

In addition to watermelon wedges, enjoy other seasonal fruits available -- fresh blueberries and cherries (cut in 1/4 for toddlers), strawberries, peaches, plums (remove pits for toddlers). Other options include: Whole Milk Yogurt, Fruit smoothies, Whole Milk, Chopped hard-boiled eggs, and vegetables (steamed for toddlers) with yogurt dip.

Water is the drink most useful to our bodies. Each child takes their water bottle to the playground with them. While outside, the teachers make a concerted effort to have all children stop one or more times for a drink during play. We ask that you not send juice or other sugary beverages in their water bottles mainly because of the importance of water to our bodies, but also because, sugary beverages (yes, even watered-down juice) attract bees to our playground.

Sunscreen*:

Some sunscreens are now being labeled as "broad spectrum". What does that mean?

Sunscreens are tested and those products that pass the broad spectrum test "will provide protection against both ultraviolet B radiation (UVB) and ultraviolet A radiation (UVA). Under the new regulations, sunscreen products that protect against all types of sun-induced skin damage will be labeled "Broad Spectrum" and "SPF 15" (or higher) on the front. Any sunscreen NOT labeled as "Broad Spectrum" or that has an SPF value between 2 and 14, has only been shown to help prevent sunburn. We recommend you apply a sunscreen of your choice on your child prior to arrival.

Insect Repellent:

Mosquitos and other flying creatures are prevalent on both playgrounds since our rains in May. We recommend you apply an insect repellent of your choice on your child prior to arrival

Reminder: Sunscreen and insect repellent are considered medications and MUST be applied by a parent or guardian before your child is left in our care. Additionally, for the safety of all the children, sunscreen and insect repellent MUST be removed from your child's bag during the day.

Wishing you a safe and healthy summer!

(compiled from *www.fda.gov and www.webmd.com)**

CDC Closed Tuesday, July 4th

The CDC will be closed Tuesday, July 4th.

Happy Independence Day!

Hand washing @ Arrival

Remember all children should wash their hands at arrival. This includes those classes who start on the playground. This simple step helps to reduce the amount of germs coming in to the center.

New class + New Teachers =Rough Mornings

The first few weeks of the summer program are a transition for the children. Some children will walk into the new classroom with new teachers and never look back. Others may have a more difficult time. This is normal!

Children thrive on routines. Suddenly what has been the norm for the last nine months is different. Be patient with your child during this time. Talk about the new teachers, the new classroom and the new friends they are making this summer.

When we begin making class assignments for the fall, we try to keep the children in the same class with the same teachers they had in the summer. This is one less transition or change for these little ones.

That is a perk of attending during the summer!

Hopefully, this will help your child to begin the fall semester feeling less anxious and without tears!