



Dear Parents,



Summer is upon us and summer means sun. With that being said I need to get on my soap box and talk about sun safety.

- \*Keep in mind that the sun is strongest between 10am and 2pm.
- \*Always wear protective clothing when outside and dark clothing that is tightly woven.
- \* Wear hat and sunglasses
- \* UV rays bounce off sand, concrete, and water.
- \* Keep very young children (6 months or less) out of the sun.
- \* Apply sunscreen with a SPF of 30 or higher whenever you are outdoors. For broad spectrum protection, look for products that provide an SPF of at least 30 and contain ingredients like avobenzone or zinc oxide.
- \* Reapply sunscreen after swimming, perspiring, and toweling off.
- \* Remember to stay in the shade whenever possible.



*We are CLOSED, Tuesday, July 4th and we hope you all have a safe and wonderful day! As that day is quickly approaching below is some information pertaining to firework safety.*

More than 10,000 Americans are hurt by firecrackers every year. Most of the serious injuries involve children playing with fireworks around the Fourth of July holiday. Burns on the hands and face as well as loss of eyesight and/or hearing are frequently reported.

- Bring your child to public fireworks displays conducted by professionals.
- Never purchase fireworks for private use. Even sparklers, which are still legal in some states, burn as hot as 1,000 degrees F. and can burn hands or ignite clothing.
- Clearly communicate the risks of playing with fireworks to your children. Many products sold for private use have short fuses and defective materials that can result in unpredictable operation.



Did you know a state park family pass is \$90.00 or you can do a punch card of \$20.00 for 10 visits? This is good at any state parks including: Emerald Lake, Lake

Shaftsbury, and Lake St. Catherine. You can call 888-409-7579 to purchase passes or 802-241-3655 for general park information. The Manchester Community Library has a park pass that can be borrowed as well.

The Mark Skinner Library will begin their summer reading program on July 6<sup>th</sup> through August 10<sup>th</sup> and will begin at 10:30am. This program provides weekly fun-filled activities for young children. Take a look on their website for more details. If you are looking for activities to do with your child/children, pay close attention to the Vermont News Guide and the Free Press. Both papers are really good about letting people know what is going on throughout the community.

### The Importance of Play

Kathy Hirsh-Pasek, is a psychologist and researcher from Temple University, has written a book titled *Einstein Never Used Flashcards*, and a series of articles on how play affects learning. She states, "From ancient philosophy to modern scientific research, play has been viewed as an integral component in learning and child development." Hirsh-Pasek's research asserts that the cognitive effects of symbolic play are far reaching, including enhanced abstract thought, symbolic representation, perspective-taking, creativity, memory, intelligence, language, and literacy. It is also central to the development of self-regulation, in which children learn to manage their own behaviors and emotions. Further, play activities provide socio-emotional benefits when children play together. Social play helps children learn to subordinate desires to social rules, cooperate with others willingly, and engage in socially appropriate behavior. Fantasy or make-believe play has been found to be crucial for building children's social competence including their ability to self-soothe and cope emotionally. All that being said we encourage you to take advantage of the sunny summer afternoons and carry on that unstructured highly imaginative playtime.



### REMINDERS:

- Please remember on **Fridays** when you are taking home your child's/children's sheets and blankets to add their bathing suit, towel and

water bottle to be washed and **returned on Monday**. Also, no flip flops on the playground.

- Please make sure during pick up times that you and your child/children are walking out the door together. We have been witnessing some children taking off ahead of their parents and running out the door into the parking lot alone. If your child is a runner please hold their hand when leaving the building.



- **Pre-k Graduation is Friday, June 30<sup>th</sup> at 3:00pm.**



- **Family Picnic will be Wednesday, August 16<sup>th</sup> at 5:30pm**
- **Closing Friday, August 25<sup>th</sup> at Noon to get ready for MOVE UP DAY, Monday, August 28<sup>th</sup>.**