



Breezy Knoll Child Care Center
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..... **JULY 2012 NEWSLETTER**

WELCOME



We would like to wish a warm welcome to our new friends who have joined us for the summer! We are happy that you are part of the Breezy Knoll family and hope you will enjoy the activities planned.

PRESCHOOL NEWS

We will be spending a good deal of time getting wet outside! Our teachers have planned some fun activities as the children explore the topics of pond life and the ocean. Fun topics like picnics and ice cream will also keep us in the summer spirit! We wish a happy summer to everyone!



TODDLER NEWS

Summer is here, and we welcome the warm weather! We hope you are enjoying this time with your families. We would like to remind you that we will be playing in water very often, so please bring in a swim suit, towel and water shoes, labeled with your child's name. Extra diapers will be needed in the summer months due to increased water play. "Little Swimmers" diapers also work well. Thank you for replenishing the diaper supply more often!



REMINDERS

- * We ask that you bring in for your child a bathing suit, towel, and a change of clothes, suitable for the weather. **PLEASE LABEL ALL WITH YOUR CHILD'S NAME!**
- * **Please note that Breezy Knoll will be closed Wednesday, July 4, to celebrate the holiday.**
- * We suggest that, during outdoor water play, your child wears water shoes. They offer protection from slipping with wet feet and walking on wood chips.
- * **Please remember to apply sunscreen and/or insect repellent to your child before arriving.**



LET'S GO OUTSIDE

Children love to play outside! Teachers love outdoor time, too. It's a relaxing part of the day and also a time when much learning takes place.



Physical development is evident outdoors as children learn about their bodies in space, practice important physical skills, and exercise and strengthen muscles. They also learn about the world around them as they observe changes in plants and the differences in the seasons. They watch living things, such as worms and crickets, and they learn about the earth as they collect rocks and leaves.

The outdoor environment is an extension of the classroom. The climbing equipment helps children develop judgment about what they can safely do. The sandbox is used to create mountains and castles and to explore the properties of dry and wet sand.

SUMMER TIPS *from RI Early Childhood Newsletter*

Avoid using scented soaps, perfumes, or hair sprays on your children, as they can attract insects. Brightly colored and flowery printed clothing are also attractive to insects.



HEALTH TIP OF THE MONTH *from Health Care Magazine*

Take a picnic basket, plenty of food, add a blanket, and you've got yourself the makings for a picnic. Why not take advantage of the warm summer weather and plan a fun day at your favorite local park? Before you pack, here are some quick pointers on food safety: **Keep everything clean.** Wash hands thoroughly before and after handling food. If there's no soap and water at your destination, bring it with you for cleaning. You can bring wet, disposable cloths or moist towelettes. **Keep hot food hot and cold food cold.** Most bacteria do not grow rapidly at temperatures below 40 deg. or above 140 deg. Keeping food at an unsafe temperature is a prime cause of food borne illness. Don't leave food out of the cooler or off the grill for more than two hours if the temperature is 90 deg. or above. **If you bring hot take-out food, eat it within two hours of purchase.** If you pack cold foods, be sure to use an insulated cooler packed with plenty of ice or gel packs. **Cool the cooler.** Trunks are good for luggage, but not for perishable food. Keep the cooler inside your air-conditioned car to avoid food spoilage. **Keep drinks separate.** Instead of constantly opening the cooler with perishable foods to grab drinks, bring a smaller cooler for beverages. **Cook just enough.** Cook only the amount of food that will be eaten. Discard any leftovers that have not remained sufficiently cold.



