



# Waltham Creative Start *Patches' Periodical*

June 2022

## *Upcoming Events:*

6/9 Policy Council  
6/14 End of Year Event  
6/17 - Last day of Half Day Head Start  
6/24 - Last Day of Duration Classrooms  
7/1-7/10 - School Vacation for Toddlers  
7/12-7/29 Summer Camp

## *Birthdays:*

Class 1: David, 6/17  
Class 2: Luis, 6/14  
Class 3: Brianna, 6/22  
Class 4: Catherine, 6/18  
James, 6/18  
Class 6: Bayron, 6/22  
Class 8: Maddie, 6/1  
Dariana, 6/14  
Nasir, 6/21



## *Second Step:*

Second Step is finishing up for the year. Puppy and snail look forward to their vacation and will return in the fall.

## *School Readiness:*

This month we will be focusing on early writing skills. We will be asking families to work on letters to new teachers.

## *Parent Engagement:*

Please check out the ReadyRosie videos titled *Thank You Note*. Thank you everyone who is continuing to read at home with their children!



## *Classroom Updates:*

In June, classrooms will be focusing on transitions for summer camp, kindergarten, and vacations. We will be learning about kindergarten and summer.

## *On The Go Snacks:*

Keep kids satisfied with an easy on the go treat. Apples, oranges, and bananas are portable snacks that don't need refrigeration. Keep them with some crackers in a bag ready to go for day trips with your child.

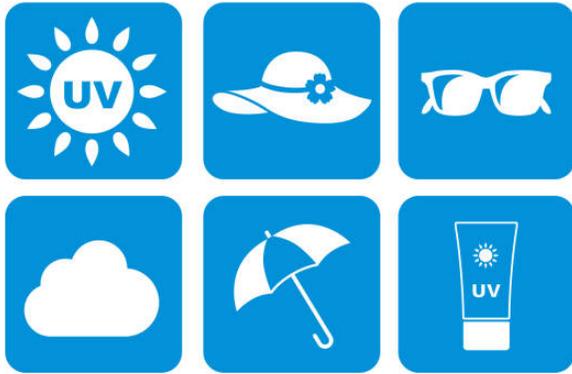


Allergy tip: Please do not offer food to children at local parks while playing unless you have checked with their parent/guardian first. Food allergies are becoming more and more common.

## Health and Nutrition:

**Water and Sun Safety:** Summer heat brings with it many health concerns. Three of the most common are: dehydration, food spoilage, and sunburn.

Dehydration occurs in children much more quickly than in adults because of their smaller bodies. Make sure children have plenty to drink when they are out in the heat. Encourage water breaks and eat fruits like watermelon which are high in water content.



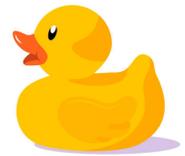
Sunburn can occur quickly and be painful. Make sure that if children are playing outside for a long period of time that sunscreen is applied. If children are playing in water, reapply sunscreen throughout the day. Sunscreen wears off more quickly in the water. Also, choose a sunscreen with a high SPF content to reduce the chance of burns. Children should use SPF 50 or higher.



Food spoilage can occur when foods that need to stay cold are left in the heat for too long. This is especially dangerous with dairy and meats. Make sure to keep cold foods cold when bringing them home from the grocery store and transporting them to picnics or school for lunches and snacks. Also, check sell by and use by dates. Canned foods that have black spots on the lid have gone bad. Try eating more foods that do not spoil, fruits and vegetables and grains are healthy and long lasting.

## Home Activity Ideas:

- Go for a ride. Don't forget your helmet! June 3 is World Bicycle Day!
- Go for an extra walk with your dog or give your cat cuddles. June 5 starts Pet Appreciation Week.
- Clean up your street or a local park. Or plant a tree. June 5 is World Environment Day.
- Take a trip to the beach. June 8 is World Oceans Day.
- Put on a grass skirt and dance the hula. June 11 is King Kamehameha Day.
- Gather your rubber duckies! June 14 is International Bath Day.
- Have lunch outside. June 18 is International Picnic Day.
- Celebrate the father figure in your life. June 19 is Father's Day.



- Create a bee fountain or plant some flowers. June 20 kicks off National Pollinator Week.
- Stretch out. June 21 is International Yoga Day.
- Blast your favorite tunes. June 21 is World Music Day.
- Go for a ride on the river. June 26 is National Canoe Day.
- Take a picture. June 29 is Camera Day.
- Spend some time outside in the dark. Watch the skies. June 30 is Meteor Day.