Dear Parents and Guardians,

It’s hard to believe the end of the year is almost upon us! Your child has been engaged in a lot of learning this year, but it doesn’t have to end! You have the opportunity this summer to keep your students ready to learn. Here are some tips from the National Summer Learning Association:

1. **Read, read, read.** Sit and read with your child. Pick books that interest him or her and make it a part of your daily schedule.
2. **Have fun with numbers.** Find creative ways to enjoy math.
3. **Turn off the TV and/or the screen.** Some screen time is okay, but too much is not healthy. Limiting screen time and engaging your child in outside pursuits starts building healthy habits. Get outside, take a hike, ride a bike, and help your child stay physically active all summer long.
4. **Make art!** Draw, paint, and create. Picasso said, “Every child is an artist.” Let the summer months be the time when your child discovers that she has the ability to create through art.
5. **Sleep is important!** It’s okay to stay up a bit later in the summer, but it’s still important to maintain a regular bed time and routine.

**Literacy Night.** Thank you for joining us on April 12th for the Early Childhood Literacy Night. We hosted over 400 people (and consumed 85 pizzas!) at Conrad Ball Middle School. We hope that you and your family found the activities fun and that you enjoy the book(s) that you received. A special thank you goes out to our community partners, including Philo, Read Aloud Loveland, Conrad Ball Middle National Junior Honor Society, the Early Childhood Council of Larimer County, and the Loveland Public Library.
**Head Start Review.** The Head Start Focus Area 2 Review and CLASS observations were completed on March 30! It was a terrific opportunity for teachers to demonstrate their instructional practice in the classroom while also sharing parts of the program that includes fiscal management, educational services, health, safety, and nutrition. We should receive our scores in May and we look forward to sharing them with you!

I hope your summer is full of play, fun, and great memories!

Lamb Caro  
Early Childhood Administrator

**APPLY NOW! Slots are limited for the 2018-19 School Year**

The Thompson School District Early Childhood Program is now accepting applications for the 2018-19 school year. Our program currently has 13 different sites throughout the District. If your child will be 3 or 4 years old on or before October 1, 2018, they may be eligible for FREE preschool, could participate in the tuition-pay program or may receive special education services in preschool if they qualify.

All applicants will be scheduled for a developmental screening as part of the application process.

Call Connie Trimble at 970-613-5052 or Sharon Johnson at 970-613-5761 with questions or for more information or visit our website at: [https://www.thompsonschools.org/preschool](https://www.thompsonschools.org/preschool)

Please share this information with friends, family or neighbors who have children that will be 3 or 4 years old on or before October 1, 2018.

**RETURNING PRESCHOOL STUDENTS** – You should have received a re-enrollment packet from your child’s teacher. If you are planning on re-enrolling your child for next school year, we need to have these packets completed and returned to the teacher no later than Friday, May 4. If we do not receive a completed packet from you by this date, we will assume you are no longer interested in having your child attend our program and you may lose their slot.

**Social Emotional Resources...**

Our children have learned so much over the school year. They have learned skills like identifying feelings, friendship skills, ways to calm down and strategies for problem solving. Take some time to reflect on how much your child has learned since September.

This is also a time of transition. Saying good-bye to teachers and friends can be hard to do. You may find that your child also has some anxiety about a change of routine for the summer or going on to Kindergarten next year. Take time to talk with your child about the feelings they are having about these changes and to reassure them.

Most of all, enjoy your summer!

Mary Bowman  
Mental Health/Autism Coordinator  
970-613-6179
Sun Safety
When outdoors, it's important to protect the skin to prevent melanoma and skin damage from too much sun exposure.

Why Is Sun Protection Important?
Too much unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer.

How Do Sunburns Happen?
The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. The risk of damage increases with the amount and intensity of exposure. A tan is itself a sign of skin damage and does not help protect the skin.

- **UVA rays** cause skin aging and wrinkling and contribute to skin cancer, such as melanoma (the most dangerous form of skin cancer). UVA rays pass easily through the ozone layer, so they make up the majority of our sun exposure.
- **UVB rays** are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer, and melanoma is thought to be associated with severe UVB sunburns before age 20.

Who Needs Sun Protection?
Both dark- and light-colored skin need protection from UV rays because any tanning or burning causes skin damage.

Here are the key ways to protect the skin:

**Use Sunscreen**
- The American Academy of Dermatology (AAD) recommends that everyone wear sunscreen with an SPF of 30 or higher. Make sure it's broad-spectrum (protects against both UVA and UVB rays) and, if you are in or near water, is labeled water-resistant. Apply a generous amount and re-apply often.

**Avoid the Strongest Rays of the Day**
- Try to stay in the shade when the sun is strongest (10 a.m. to 4 p.m.). If you are in the sun during this time, apply sunscreen often. Most sun damage happens from exposure during day-to-day activities, not from being at the beach. Remember that even on cloudy, cool, or overcast days, UV rays reach the earth and can cause unexpected sunburn and skin damage.
- The intensity of the sun's rays depends upon the time of year, as well as the altitude and latitude of your location. UV rays are strongest during summer. Extra protection is also a must at high altitudes, where the air and cloud cover are thinner. Even during winter months, if your family goes skiing in the mountains, be sure to apply plenty of sunscreen as UV rays reflect off both snow and water.

**Cover Up**
- One of the best ways to protect skin is to cover up. To make sure clothes offer enough protection, put your hand inside garments to make sure you

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**Prep time:** 15 minutes

**What you need:**
- 1 whole-wheat English muffin
- 2 tablespoons tomato sauce
- 2 slices of a tomato
- 2 tablespoons shredded part-skim mozzarella cheese
- 1 tablespoon fresh basil, chopped

**What to do:**
1. Preheat broiler.
2. Slice the English muffin in half.
3. Place two English muffin halves on a small baking sheet.
4. Top the muffins with tomato sauce.
5. Add the tomato slice.
6. Add cheese.
7. Add basil.
8. Add the tomato slice.
9. Broil until cheese is brown and sauce is bubbly.
10. Serve immediately.

**Nutritional analysis (per serving):**
- 180 calories
- 10g protein
- 3g fat
- 2g sat. fat
- 27g carbohydrate
- 4g fiber
- 10mg cholesterol
- 490mg sodium
- 5g sugars

Serves: 1
Serving size: 1 English muffin with toppings

Note: Nutritional analysis may vary depending on ingredient brands used.

Reviewed by: Mary L. Gavin, MD

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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can’t see it through them. If it’s not too hot outside and won’t make kids even more uncomfortable, have them wear light, long-sleeved shirts and/or long pants.

- Babies’ skin burns easily and the best protection for babies under 6 months of age is shade. If your baby must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. If your baby is younger than 6 months old and has small areas of skin exposed, you can use a tiny amount of SPF 15 sunscreen.
- For outdoor events, bring along a wide umbrella or a pop-up tent to play in.

Wear Sunglasses

- Sun exposure damages the eyes as well as the skin. Even one day in the sun can lead to a burned cornea. Sun exposure over time can cause cataracts later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair — many options are fun, with multicolored frames or cartoon characters.

Double-Check Medicines

- Some medicines make skin more sensitive to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medicines) and over-the-counter medicines can increase sun sensitivity. If so, take extra sun precautions.

What if We Get a Sunburn?

When we get sunburned, there is usually pain and a sensation of heat — symptoms that tend to get worse several hours after sun exposure. Some also get chills. The sunburned skin can become itchy and tight. Sunburned skin begins to peel about a week after the sunburn but do not scratch or peel off loose skin because skin underneath the sunburn is at risk for infection.

To treat a sunburn:

- Take a cool (not cold) bath, or gently apply cool, wet compresses to the skin.
- Apply pure aloe vera gel (available in most drugstores) to any sunburned areas.
- Take an anti-inflammatory medicine like ibuprofen or acetaminophen to ease the pain and itching. (Do not give aspirin to children or teens.) Over-the-counter diphenhydramine also may help reduce itching and swelling.
- Apply moisturizing cream to rehydrate the skin and treat itching. For the more seriously sunburned areas in kids over 2 years old, apply a thin layer of 1% hydrocortisone cream to help with pain. (Do not use petroleum-based products, because they prevent excess heat and sweat from escaping. Also, avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.)

If the sunburn is severe and blisters develop, call your doctor. Do not to scratch, pop, or squeeze the blisters, which can get infected and cause scarring. Stay out of the sun until the sunburn is healed. Any further sun exposure will only make the burn worse and increase pain.

Reviewed by: Kate M. Cronan, MD
Date reviewed: October 2017
Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.
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**This article has been condensed for use in this newsletter.

Christiana Shorten
Health Coordinator
970-613-5063

**English Language Development...**

The Gift of Language

You, the adult figure in your child’s life, are the key to maintaining your home language with your child. Teach your child to be proud of their language(s) and culture. Continuing to use your home language with your child and demonstrating the value you place on your language and culture will help your child learn to value these special gifts.
As children get older, they may express a preference to use English. Discuss with your child all the benefits of maintaining two (or more) languages and continue to use the language you are most comfortable with when talking with your child. Using your home language helps connect your child to family, cultural traditions, friends, and neighbors who speak the same language. Talking about new experiences, words, practicing letters and numbers, and engaging in conversation are all important parts of your child’s early learning and will be easier and more fun for you to do in the language you are most comfortable with.

Below is a list of stories about bilingual families:

- ¡Gaby está aquí! Un día loco de palabras mezcladas/A Crazy Mixed-Up Spanglish Day  
  By Marisa Montes

- The Park Our Town Built/El parque que nuestro pueblo construyó
  By Diana Gonzales Bertrand

- Grandfather Counts
  By Andrea Cheng

- Dear Juno
  By Soyung Pak

- Yoko Writes Her Name
  By Rosemary Wells


Erin Ridge  
English Language Development  
970-613-6084

Education Corner...

April Showers Bring May Flowers…

Spring is a time of planting, growing and changing. Many of our preschool classrooms will be exploring the changes of seasons and may be planting seeds. You might consider doing some planting at your home too! Planting helps children to learn many lessons including how to take care of something and how to “WAIT”. This process is not immediate…and it can be difficult to wait! You might ask your child what they would like to plant and help them choose and make a plan. Help them to predict how long they think it will take to grow the flower/tomato/etc. Then you can use a number line or a calendar to mark off the days and draw pictures of the changes that they see. You can also talk about other times that we have to wait and how they might handle these situations…if waiting at the doctor’s office we can look at magazines or books, if waiting for a turn on the swing we can go down the slide, etc. Enjoy the magical process of watching a plant grow and helping your child grow too!

Thank you so much for sharing your little ones with us this year! We have loved being a part of your lives and hope you have a wonderful summer!!

Amy Gerhard  
Education Coordinator  
970-613-5078
**Bright by Text** is a program for parents and caregivers of children under five that sends free activities, games, and resources right to your cell phone. Messages are targeted to your child’s age and include information on child development, language and early literacy, health and safety, behavioral tips, and more!

**How do you sign up?** To sign up for Bright by Text, simply text “BRIGHT” to 274448. You will be prompted for your child’s birth date so that you can get messages keyed to his or her exact age, right when you need them! You can also provide your zip code and receive information about local* events and resources.

*Message and Data Rates May Apply. Text STOP to 274448 to STOP. Text HELP to 274448 for HELP.*


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**Family Engagement...**

Dear Families –

We would like to thank all of the families who participated in family events this past year including Hugs Night, Literacy Fair, Family Game Night and other events at your Centers.

We regret that we had to cancel the Early Childhood Field Day on April 27th due to the school closure. We checked the remaining Fridays in May to see if it would be possible to reschedule; but unfortunately, we discovered that the remaining Fridays included many end-of-year events and commitments. Therefore, we would not have had enough staff to help with the event if it was rescheduled. We were especially disappointed for the Family PIE parents who had worked so hard to plan this event for our families. Please know that we would have rescheduled if it had been possible. Thank you for understanding.

The school year is almost over and it is time to think about all that has happened this year. Here are some things your family can talk about as you get ready for summer:

- In what ways did I see my child grow this year?
- What are my child’s strengths?
- What do I want to ask my child’s teacher?
- What were some things I learned to do at home to help my child learn?
- What activities do we like to do as a family?
- How can I keep learning fun for my child?
- How do I make time for activities in our summer schedule/routines?
- What “jobs” can I give my child over the summer so he knows he is a family helper?
- What are some important things to tell my child’s teacher in the fall?
- How can I stay engaged in my child’s learning next year?

Make the most of the summer months together! Keep your child healthy, active and learning so he/she is ready for the next school year! We are busy putting together a list of “Summer Fun” activities to share with you. We should have the list available the last week of school.

Julie Lindsay  
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