Principal’s News:

Dear Parents,

It’s hard to believe the end of the year is almost upon us!

Thank you for joining us on April 20th for the Early Childhood Literacy Night. We hosted over 350 people at Conrad Ball Middle School. We hope that you and your family found the activities fun and that you enjoy the book that you received. A special thank you goes out to our community partners!

Thank you to the parents that are returning next year and have already returned your re-enrollments packets. You have received information in your re-enrollments packets if your child's physical or dental records need to be updated before school starts in the fall. Children must have current health information in their files to ensure that they can start the first day of school. Appointments may be difficult to schedule if you wait too long to contact your health providers. Please call Sharon if you have questions regarding your child’s records (970)613-5761.

Hope your summer is full of fun, play, and lots of fun experiences!

Lamb Caro, EC Administrator

Stay connected with us on Facebook, too!

Look for us under “Thompson Integrated Early Childhood.”
Healthy Habits: How to Be Safe When You’re in the Sun

Taken/adapted from KidsHealth.org

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things!

But if you’re going to be out in the sun, especially on a hot day, you need to stay safe.

Don't Feel the Burn

Some people get a sunburn faster than others because of their coloring. If you have blond or red hair, light-colored skin, and light-colored eyes, you'll tend to get a sunburn more quickly than someone with dark eyes and skin. That's because you have less melanin. Melanin is a chemical in the skin that protects it from sun damage by reflecting and absorbing UV rays. People with darker skin have more melanin, but even if you have dark hair, dark eyes, or darker-toned skin, you can still get a sunburn. It will just take a little bit longer.

Prime Time

You don't need to hide from the sun completely or wrap up like a mummy to protect yourself. But you should take these two steps:

1. Always wear sunscreen.

2. Take frequent breaks from the sun by going indoors or moving into the shade.

These steps are especially important between 10:00 in the morning and 4:00 in the afternoon, when the sun's rays are strongest.

Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned. But this isn't always true, so reapply sunscreen at least every 2 hours, just to be safe. Do this more often if you've been swimming or sweating a lot — even if the sunscreen is waterproof. And remember that you can get sunburned more quickly when you're swimming or boating because the reflection from the water intensifies the sun's rays.

Be sure to put sunscreen all over your body. This includes some places you might not think of, like the tops of your ears, the back of your neck, the part in your hair, your face, and the tops of your feet. You may need some help reaching the back of your body so ask your parents or friends to give you a hand. If you want to block the sun's rays, wear clothing that you can't see your hand through. You may still get burned through more sheer fabrics. Wear a baseball cap or other fun hat to block your face from the sun.

Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.

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

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Family Engagement

We would like to thank all of the families who participated in family events this past year including Hugs Night, Literacy Fair, Family Game Nights, Field Day, and other events at your Centers. We appreciate the support of our local grocery stores for supplying snacks for Field Day, and for the Early Childhood Council, Philo and KidsPak for supplying food and books for our events.

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! See the attached “Summer Fun” list of free or low cost summer activities.

Julie Lindsay
Family and Community Partnership Coordinator – (970) 613-5053
The Education Corner...

May is an exciting time of year! We see lots of growth in the classroom as students mature and get ready for next steps in their education! Our students who will be going on to Kindergarten in the Fall, will be having a “Stepping Up to Kindergarten” ceremony at your center. Please look for information from your teacher so that you can make plans to attend!

Please make sure to ask questions of your classroom staff if you are wondering about next year. Teachers can help guide you as you plan for Kindergarten. If your student is returning to us in the Fall, you will receive a letter later this summer indicating what center your child will attend.

Take time with your little one to enjoy the sunshine this month and point out all the new growth and changes in the world around them!

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Frozen Yogurt Pops

Prep time: about 1 to 2 hours

**Ingredients:**
- 1 8-oz. container of your favorite flavor of yogurt

**Utensils:**
- small paper cups
- wooden popsicle sticks (available in craft stores)
- plastic wrap

**Directions:**
1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

**Serves:** 3 to 4

**Serving size:** 1 pop

**Nutritional analysis (per serving):**
- 127 calories
- 5 g protein
- 2 g fat
- 21 g carbohydrate
- 0 g fiber
- 7 mg cholesterol
- 73 mg sodium
- 262 mg calcium
- 0 mg iron

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

**Variations and suggestions:**
If you like, you can make this recipe using plastic ice-pop molds instead of the paper cups and popsicle sticks.
For a cool-looking snack, fill your cups only halfway with one flavor of yogurt in Step 1. Follow Steps 2, 3, and 4. Remove your pops from the freezer, take off the plastic wrap, and spoon in another flavor of yogurt that’s a different color. Put the plastic wrap back on and freeze once more. When your pops are frozen, you’ll have two-colored treats!

Reviewed by: Allison Brinkley, RD, LD/N
Date reviewed: March 2009