



## Care-a-lot Connection July & August

*“Caring is at the  
heart of what we do!”*

### STAY CURRENT WITH CARE-A-LOT!

*On a weekly basis, we highlight a classroom activity and spotlight a center child on our Care-a-lot Facebook page. Stay informed and see what your child is learning throughout the year!*

*Although screen time for adults has become a necessity in many of our lives, it is important to limit screen time for young children. Hands-on play in early childhood is critical for development.*

*At the center, screen time is not appropriate for children under 2 years of age. Over 2 years, screen time is limited to 1.5 hours / month and learning objectives must be planned. At home, it is recommended that screen time be limited to 1 hour / day. Instead, enjoy and encourage outside play during this beautiful time of year!*

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*Serving the Rochester area since 1991!*

### IMPORTANT DATES

- 7/4: Center Closed
- 7/11: Summer Camp Event
- 7/19: Summer Camp Event
- 7/24: Summer Camp Event
- 7/30: Summer Camp Event
- 8/9: Summer Camp Event
- 8/21: Summer Camp Event
- 8/31: Last Day of Summer Camp



# Director Note

Summer is **FINALLY** here! The hustle and bustle of the school year has come to an end and we are ready to enjoy some relaxing summer days here at the center. The Pre-K and School-age summer camps are underway and the children are having a blast catching up with old friends and making new friends, too. They have been taking full advantage of the nice weather already, and we have many fun activities planned for them in the weeks to come!

This summer I hope everyone gets to take some time to slow down and enjoy time with family and friends. This year, we kicked off the summer with Care-a-lot's annual Zoo Night. We had a great turn out; just about 700 Care-a-lot family members were able to attend! The weather was beautiful and everyone enjoyed themselves. We also had perfect weather for our bounce house, which the children thoroughly enjoyed. Now we just need clear skies for all the playground time and other fun activities our little one ones are looking forward to this summer.

## Summer Fun Recipe

Ingredients:

- Closed-toe shoes with a rubber sole (crocs are not a safe choice, however closed toe sandals are appropriate for summer play 😊)
- Swim suit, water shoes, and towel for water play
- Sunscreen, with signed permission form
- Field trip permission forms, if enrolled in summer camp

Instructions:

Mix thoroughly. Bake in the sun. Allow to cool in the AC, with plenty of water.

Serving size: 3 months of fun / zero calories per serving

# Health Note

During the peak of summer, remember to protect your child from the sun every day!

Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

To reduce exposure, follow these guides:

- **Seek shade:** UV rays are strongest and most harmful during midday.
- **Cover up:** Clothing that covers your child's skin helps protect against UV rays.
- **Get a hat:** Hats that shade the face, scalp, ears, and neck give great protection.
- **Wear sunglasses:** Look for sunglasses that block close to 100% UVA and UVB rays.
- **Apply sunscreen:** Use sunscreen with at least SPF 30 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Remember ears, noses, lips, and the tops of feet!

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your child's skin reacts badly to one product, try another one or call your doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.



# Classroom Clips

## Cocoons

In June, the Cocoons enjoyed the crawl ball and getting outside for buggy rides. We also loved playing on the blanket outside in the sunshine!

This summer we have lots of fun things happening! In July we will enjoy making a flag and listening to patriotic songs for the Fourth of July. Some of our other themes include camping, picnics, sports, and dinosaurs. For August we will have some fun with mirror play and read *Click, Clack ABC*. Some of our themes for August include: At The Beach, In The Ocean, Summer Luau, and The Carnival!

## Caterpillars

During June, we really enjoyed singing all kinds of songs! Our favorites were “5 Little Ducks”, “Where is Thumbkin”, and “Twinkle, Twinkle Little Star”.

This summer is going to be filled with lots of fun! We had some great themes coming up that include the Fourth of July, Picnics, Camping, Summer Luau, and Carnivals. We will also be spending lots of time going out for walks and enjoying the warm summer sun!

## Glowworms

We really enjoyed stopping at the pond on our walks in June. We loved watching the baby geese grow! Our friends would point to them and say, “Geese!” with lots of excitement.

We are excited to begin summer! We will be going outside to play and enjoy snack picnics in the grass. Some of our themes this summer include Dinosaurs, Camping, Sports, The Ocean, At the Beach, and Carnivals. It’s going to be a great summer!

## Busy Bees

We really enjoyed playing in the sandbox in June. We had a lot of fun dancing to “If You’re Happy and You Know It” and everyone really enjoyed our circle time songs and activities as well!

This summer we have some really fun things happening! We will be having some fun with Fourth of July activities, having a wacky week, learning about the pond, and camping. Please watch your child’s mail folder for any updates on events or activities. We will also be doing some water play this summer, please be sure to pack swim wear!

## Butterflies

We had a lot of fun in June learning about fruits and vegetables. We also really enjoyed our dairy week!

The summer is going to be lots of fun for our class! We will be learning about picnics, the beach, under the sea, and camping in July. In August, we will learn about things in a pond, dinosaurs, carnivals, as well as teacher favorites like – water play and wacky week! We will be planning some exciting days throughout the summer so please keep an eye on your child’s cubby/care notes!

## Ladybugs

We had a lot of fun in June doing a lot of painting and getting messy in the sensory bin with Oobleck.

We have many fun themes coming up this summer! Some of our themes include The Beach, Under the Sea, Camping, Things In A Pond, Carnivals, Water/Wacky week, and celebrating the Fourth of July. We are very excited to be outside and playing on the playground this summer as well! We can’t wait to enjoy the sunshine!



# Classroom Clips

## Shooflies

We really enjoyed getting outside and playing in the water in June! We also loved taste testing and comparing marshmallows to pretzels—sweet vs. salty.

This summer we have so many fun things planned! In July, we will have a 4th of July celebration, study insects, and learning about camping. We will be setting up camp in our classroom! Our themes for August include Fairytales, Paw Patrol, Superheroes, and Ice Cream. We will be making homemade ice cream as well! It's going to be a fun filled summer!

## Dragonflies

We really enjoyed all our new toys, books and music in June. We've had a lot of fun getting our room summer-ready!

We have lots of fun things planned for this summer! We will be having some picnic snacks outside, enjoying water play, making a volcano and lots more!

We will be learning more about the Fourth of July, insects, camping, and pirates. We are going to have a very fun and busy summer!

## Crickets

We can't believe that our friends graduated in June! It was such a great year with everyone and we all had so much fun at graduation.

Summer Camp has officially started and we couldn't be more excited! We have so many fun things planned! We will be going to the spray park, having an inflatable obstacle course, a magic show, the Gamin' Ride truck and so much more! We also have some great themes coming up, some of which include Cooking Club, Fear Factor, Gamin' Week, and Have A Ball! It's going to be a great summer!

## Spiders/Beetles

We had a lot of fun finishing out the month of June with water play! We loved being able to get outside and play after school as well.

This summer is going to be a busy, fun one! We have lots of fun things happening all summer long and some great events coming up. In July, we will be heading to the spray park and then to Total Sports Experience. We are excited to host Rich the Magic Man and an inflatable obstacle course here at the center. In August we are to head to Seabreeze for a day and cannot wait for the Gamin' Ride truck to come back, this time with Hydro Wars! What a great summer we have planned!



# Center Events



**Congratulations Grasshoppers & Crickets!**



# News & Notes

Please remember to sign/check your child in/out when you drop off or pick them up each day whether they are on the playground or in the classroom.  
Thank you!

## NEW Family Referral Program

Encourage others to join the Care-a-lot family and you can earn up to \$250 tuition credit OR you can receive up to \$250 gift card for Tops, Wegmans or Walmart!



Watch for information about upcoming Fall programs!  
We have a few fun classes to choose from:  
Dance  
Zumba  
Computers for Kids

*Remember to pack extra clothes for your child(ren). You never know when accidents might happen!*



# Care-a-lot Caregivers



Ms. Brenna  
July 21st



Ms. Loryn  
August 1st



## Happy Anniversary

Ms. Jenn  
8/1  
8 years



Ms. Elizabeth  
8/1  
1 year



Ms. Brenna  
8/2  
8 years



Ms. Sam  
8/5  
2 years



Ms. Tessa  
8/5  
2 years



Ms. Fallon  
8/13  
6 years



Ms. Wendy  
8/22  
2 years



Ms. Jill  
8/23  
1 year



# Funny Pages

While outside with Cocoons one day, Ms. Hope stood Nathan on the grass without his socks on. He kept kicking his feet like he enjoyed the feeling of the grass. Too cute!

Ms. Sam was filling out care notes for snack one afternoon and asked Ms. Brenna, "How do you spell hummus?" Sawyer blurted out, "Who's Hummus?"

While Nora was getting dropped off in Glow-worms one day, her mom said, "Bye Nora." Nora replied, "I love you," for the first time. Melted our hearts!

Franki, Joseph, and Blaize were playing with Mr. Potato head when Blaize looked at his friends and very seriously said, "I think this one needs a hat."

During circle time in Busy Bees, we were all saying our names and "hello" to our friends. When it was Mari's turn, we asked her what her name was and she said, "Mari!" She then proceeded to wave to herself and said, "Hi Mari!"

While Caterpillars were getting ready to go out for walk, Nora shouted "Bye!" to her teachers.

While Dragonflies were lining up to go outside, Ross looked at Ms. Loryn and said, "You have arm feathers like me!" (meaning arm hair) It was too funny!

While Butterflies were in the bounce house with Ms. Kristen, Brindley said, "Jump!" Savannah said, "I have a bounce house at home but we don't jump, we bounce."

Alexa in Spiders was talking about the school age teachers and said, "You know that boy teacher, the one with the short brown hair and REALLY short beard, what's his name?" Ms. Fallon said, "You mean Mr. Nick?" Alexa goes, "Yeah, him! He seems pretty cool."

Shooflies were playing outside and Denny found an empty snail shell. He insisted on "feeding" the snail so he found a tiny pebble and shoved it inside the shell. When he realized he couldn't get the pebble out, he said, "Oh yeah, I forgot snails don't eat rocks; they don't eat anything!"

