

JULY 2019 NEWSLETTER

COUNTY PLACE

EARLY LEARNING & CARE CENTRE



SPECIAL DAYS IN JULY

July 1 - CLOSED for Canada Day

July 5 - FUN FRIDAY - CRAZY HAT DAY

July 9 - Library Program for Preschoolers

July 12 - FUN FRIDAY - POOL PARTY (weather permitting)

July 19 - FUN FRIDAY - PAJAMA DAY/MOVIE DAY

July 26 - FUN FRIDAY - TEDDY BEAR PICNIC

HAPPY BIRTHDAY

William - July 3 - 3 years old

Kaiden - July 7 - 3 years old

Wesley - July 18 - 3 years old

Adam - July 25 - 2 years old



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CANADA

Students of all ages will experience a range of Canadian culture including certain words, numbers, popular Canadian foods, clothing, the flag, and the national flower!

Please get excited and involved with your children while we enjoy the pleasures Canada has to offer and teach our children about different cultures around the world!

MULTICULTURAL THEME OF THE MONTH: CANADA



Canadian Menu

JULY 5 - QUEBEC - POUTINE

JULY 10 - NEWFOUNDLAND - FISH & CHIPS

JULY 17 - QUEBEC - SPLIT PEA SOUP

JULY 24 - ONTARIO - BAKED MACARONI CASSEROLE

JULY 31 - ALBERTA - SHEPHERD'S PIE



FIND US
ON FACEBOOK
AND
INSTAGRAM!



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Sun Safety

Protecting children from getting too much sun is important, whether they are playing outside or are with you on an errand. The hot summer sun can be dangerous for children. A child can sunburn easily, even on a cloudy day. Bad sunburns and too much time spent in the sun without skin protection have been linked to a higher risk of skin cancer later in life.

During the summer months, children can easily lose body fluid and become dehydrated. Children's skin can also be burned by touching hot surfaces, such as pavement, metal slides or car doors.

How can I keep my child safe from the sun?

- Limit sun exposure, especially during peak hours
- At least 30 minutes before heading outside, apply sunscreen with an SPF of at least 30 on all areas of your child's skin that will be exposed to the sun. Use a lip balm with SPF 15 as well.
- Remember to put sunblock on ears, nose, back of neck and legs, and tops of feet.
- Use a stroller sunshade to cover your baby,
- Your child should wear a sun hat with a wide brim and back flap to protect the back of the neck, sunglasses with 100% UV protection.
- Reapply sunscreen every few hours and after swimming or vigorous play.
- Encourage your child to drink plenty of fluids, especially water. Children don't necessarily feel thirsty while at play.
- Be alert for signs that your child is experiencing heat illness and needs to go inside. These include thirst, fatigue, leg or stomach cramps, and cool, moist skin, which can be a sign of heat exhaustion.
- Bring your child inside or into a cool, shady area, and offer frequent, small sips of water. Removing extra clothing and fanning can help your child cool down slowly.
- Most importantly, lead by example and remember to protect yourself from the sun as well.

From https://www.caringforkids.cps.ca/handouts/sun_safety



FROM THE OFFICE



Please let us know about your summer vacation plans



PARENT CORNER

Please remember to bring sunscreen, bug spray, summer hats and a change of clothes.



KIDS ON THE MOVE

Welcome to Kaiden in preschool and Logan in the toddler room! Goodbye to Aria in the toddler room.

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Some fun ideas to try
this summer:

- go bowling
- go to a movie
- have a picnic
- watch a sunset
 - fly a kite
- camp in the backyard
 - stargaze
- play tag with friends
- run through sprinklers
 - feed ducks
- make homemade popsicles
 - grow a garden
- have a lemonade stand
 - go swimming
 - go on a hike
 - paint pet rocks
 - go on a bike ride
 - watch fireworks
 - go to the park
 - play frisbee
- go to an historical site
- have a water balloon fight.
 - go mini golfing
 - play in the rain
- make Tye-Dye shirts
- wish upon a star



How to Make Unpoppable bubbles!

Materials List:

water (4 parts)

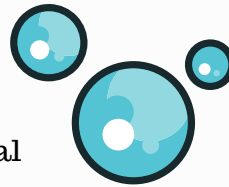
dish soap (1 part)

corn syrup (2 parts)

straw

pencil

food colouring - optional



1. Fill a bowl with water. (Tip: Add a few drops of food colouring to see the water better!)
2. Mix in the dish soap.
3. Mix in the corn syrup.
4. Now you are ready to experiment with your unpoppable bubbles! Dip the tip of the pencil into the mixture. Then, dip one end of the straw into the mixture and blow into the other end to make a bubble. Try to pop it with the pencil. Does it pop? What happens if you don't dip the tip of the pencil into the mixture? Try the same thing with your hands!

Tip: To blow really awesome bubbles, use a wide straw (like a boba or bubble tea straw)!

