



Director’s Corner

June 2019

Dear Fraser School Families,

Welcome to summer at Fraser School!

Of course, we want to take advantage of this most beautiful time of year in Minnesota by being outside daily. We also want to keep your children safe by having some outdoor guidelines concerning high temperatures and air quality. When we are outside in the summer, we always make sure that we have water available at all times. When the actual air temperature or the heat index is from 85° to 100° F, we limit our outside time depending upon the age of the children and any health conditions that children in the classroom may have (e.g. asthma). If the air temperature or heat index is above 100°, we stay inside. If the air quality index is between 100 and 150, we may limit our time outside again depending upon the age of the children and any health concerns that children in the group may have. If the air quality index is above 150, the children will remain in the building.

Unfortunately, summers in Minnesota may also mean severe weather. We practice severe weather drills monthly. In the case of a severe weather watch, we ensure that all classrooms are in the building and are ready to relocate in case the weather gets more severe. In the event of a severe weather warning, we take all of the children to the basement. We have a secondary shelter in the interior of the building for any children and/or adults that cannot go downstairs. We will practice these drills monthly through September.

And, of course, what would summers be without some water play. Fraser School has a grassy area that is between the school building and the

residential areas behind us. We use that space to have sprinkler play. We limit the sprinkler area to one classroom at a time and it is scheduled to coincide with the classroom’s normal outdoor time. If children do not want to play in the sprinkler, there are also water tables and toys so children do not need to get totally wet. I would recommend bringing some water shoes or sandals for your child to wear during sprinkler days as there are insects and pine cones in the play area.

Finally, I want to introduce our new Health Services Coordinator. Megan Mott joined the Fraser School team on Monday, May 20. She has her Bachelor of Arts degree in Psychology from Creighton University in Omaha, Nebraska and her Master of Public Health degree from the University of Minnesota – Twin Cities. Prior to working at Fraser, Megan worked as a Lead Program Staff at the YMCA. She also completed an internship with the Minneapolis Public Schools with a focus on a district-wide wellness policy and efforts to reduce food waste and enhance food recovery. As she becomes trained, she will coordinate all health services and kitchen-related issues. Megan’s office is in the same office suite as the other coordinators off the school gym.

Thanks for sharing your children with us,
Deedee Stevens-Neal
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Shoe Safety

We want to make sure that your children have safe footwear for the playground and the climbing structures. Flip flops pose several safety and health risks for kids. The thin soles cause kids to grasp the shoes with their toes. This affects the way children use their feet and legs when they walk and can lead to problems with their legs, knees, hips and backs. The lack of support can also cause problems with their arches and heels.

Flip flops are also hard for kids to balance, climb and run in. If children catch their foot under them as they fall or drop something heavy on it (like a bucket of sand), the injury is much worse when they are wearing shoes with no protection.

The only thing worse than flip flops are rubber clogs (like Crocs). Many schools and childcare centers have actually banned this type of shoe. Parents like them because kids can usually get them on by themselves but they have many drawbacks. Rubber clogs tend to have too much grip on smooth surfaces, causing the toe to catch as the child keeps moving forward. The loose fit also hinders toddlers from controlling their steps, causing many falls/injuries. On wet/smooth surfaces, rubber clogs tend to have no grip at all, again causing falls/injuries. And in case you haven't heard, never let your kids ride on an escalator wearing rubber clogs. The injuries and lawsuits over this are in the news regularly.

The best and safest footwear for little ones is socks and tennis shoes. Sandals with a back-strap, good support, and adequate foot coverage are also acceptable. Please send your kids to school ready to learn, run, climb, and jump!

Sunscreen

Now that the children are outside in the sunshine, I wanted to remind you of our sunscreen policy. Fraser School provides a generic sunscreen with a Sun Protection Factor (SPF) of at least 50. We will apply sunscreen at least 30 minutes before the children go outside to allow the active ingredients to be absorbed into the skin. Annually, we request permission from families to use sunscreen on each child.

If you would like to bring your own sunscreen for your child to use, please label it with your child's first and last name and give it to your child's teacher. If your child is in two classrooms during the day, please consider bringing two bottles of sunscreen, one for each classroom.

If you generally arrive while your child's classroom is outside, please consider putting sunscreen on your child 30 minutes before arrival at Fraser School. We can apply sunscreen when your child arrives but it will not be as effective.

Insect Repellant

Some families would also like us to apply insect repellant to their child before we go outside. If you do, you must bring the insect repellant, labeled with the child's first and last name. We will also need the parent to sign a permission form for us to administer it. The insect repellant should be no more than 30% deet.

We will apply all aerosol insect repellant while we are outside due to ventilation. To apply the repellant to the child's face, staff will spray it into a gloved hand and then gently apply to the face. We will also apply the repellant to the child's clothes. It is advised that children be bathed later in the day to remove the repellant and the child's clothing be washed before wearing again.

Prevent Child Deaths in Hot Cars

Edited from Healthychildren.org, the website of the American Academy of Pediatrics

A child left in a hot car can die of heat stroke very quickly. But this tragedy can be prevented.

Here are some facts about hot cars and keeping kids safe:

- Heat stroke can happen when the body is not able to cool itself quickly enough.
- A child's body heats up three to five times faster than an adult's does.
 - When left in a hot car, a child's major organs begin to shut down when his temperature reaches 104 degrees Fahrenheit (F).
 - A child can die when his temperature reaches 107 degrees F.
- Cars heat up quickly! In just 10 minutes, a car can heat up 20 degrees F.
- Cracking a window and/or air conditioning does little to keep it cool once the car is turned off.
- Heat stroke can happen when the outside temperature is as low as 57 degrees F.

Here are some things you can do to prevent the unthinkable from happening to your child:

- Always check the back seat and make sure all children are out of the car before locking it and walking away.
- Avoid distractions while driving, especially [cell phone use](#).
- Be extra alert when there is a change in your routine, like when [someone else is driving](#) your child or you take a different route to work or child care.
- Put your cell phone, bag, or purse in the back seat, so you check the back seat when you arrive at your destination.

- If someone else is driving your child, always check to make sure he has arrived safely.

Lock Your Car!

Keep your car locked when it is parked to prevent a curious child from entering when no one is around. Many hot car deaths have occurred when a child mistakenly locks himself inside.

Here are some reminders for parents and caregivers:

- Make sure children do not have easy access to your car keys. Store them [out of a child's reach](#).
- Teach children that cars are not safe places to play.
- Keep rear fold-down seats closed to prevent a child from crawling into the trunk from inside the car.
- Remind children that cars, especially car trunks, should not be used for games like hide-and-seek.

Take Action if You See a Child Alone in a Car!

Protecting children is everyone's business! If you see an unattended child in a car and are concerned, you should immediately call 911.

If the child is not responsive or is in pain, immediately:

- Call 911.
- Get the child out of the car.
- Spray the child with cool water (not in an ice bath).

If the child is responsive:

- Stay with the child until help arrives.
- Have someone else search for the driver or ask the facility to page them.

Upcoming events

> **No School**

Thursday, July 4, 2019
Independence Day

> **No School**

August 29 & 30, 2019
Staff Development Days

Upcoming events

> **No School**

Monday, September 2, 2019
Labor Day

> **No School**

Friday, October 18, 2019
Parent/Teacher Conferences

Join us on Monday, July 8 for the 25th annual FORE! Fraser Benefit Golf Classic, presented by Wells Fargo.

Enjoy the beautiful greens of Brackett's Crossing Country Club in Lakeville for a day of golf, games, prizes and support of Fraser. Thanks to the generosity of Brackett's owners Tom and Peggy Smith, nearly all funds raised go to Fraser Housing.

Each year, Fraser provides more than 200 people with housing through three distinct living options. Our person-centered approach ensures that each option is as unique as the individuals we serve, providing just enough support to ensure success.

Corporate sponsors and individual golfers are treated to 18 holes of golf, games and prizes, refreshments along the course, an all-you-can-eat barbeque lunch and fabulous dinner.

For more information, contact Rose Rosario at 612-798-8343 or rose.rosario@fraser.org.

All sponsorships are entitled to a variety of marketing and promotional opportunities and will receive the following benefits (if desired):

Recognition in Fraser print newsletter, Fraser in Focus

- Acknowledgement in 2019 Fraser Annual Report
- Name and link to corporate website on fraser.org
- Formal recognition as event sponsor during dinner program
- Recognition as event sponsor in printed program

