



Fraser School — NEWS —

Director's Corner

June 2017

Dear Fraser Families,

I think the summer season has finally arrived! We still have some winter gear hanging around that families need to take home. I asked that the teachers put labeled clothing into the children's cubbies/lockers to take home. Any unlabeled clothing is either set aside near the classroom or in the lost and found bucket by the building's side door. Please check it out to make sure that you have all of your child's items. Anything that is left in the lost and found will be donated to ARC Value Village at the end of Friday, June 2. This is also a great time to ensure that your child's extra clothes still fit and are weather appropriate.

This newsletter will be the last of an era. In May, we printed and distributed the school newsletter as usual but then I also emailed a copy out to all of the parent emails that we have. I had an overwhelming positive response for that format. This month's newsletter will be the last to be printed in hard copy and distributed into each child's mail file. I will again email this newsletter to ensure that everyone gets a copy. If you do not receive an electronic copy of this newsletter, please let me know. Then, in July, we will just distribute the newsletter electronically. We will have some printed copies available at the front desk if anyone would still like a hard copy. This will save us lots of paper and the time that it takes to print and distribute.

We are still looking forward to a Fraser School refresh this summer. I still do not have a solid time line of the construction projects but we are busy doing behind-the-scenes planning. We had a deputy state fire marshal visit to clear the gym area

for temporary classrooms. Surprisingly, the fire marshal was a former Fraser School parent! We have a very short list of items that need to be addressed by July 1 to move on with the process. We have met to brainstorm some ideas for both the construction phase and the long-term. In addition to the classroom refresh, there will some changes in offices. The current plan is to move the majority of the Fraser School coordinators into one large office. The Health Services' office will also be moved into the school itself so it will be easier to access for injuries and emergency medication.

Finally, there will be a small office space for teachers to use for planning and assessments. As you can imagine, it is very difficult for the teachers to have their planning time on their classroom computer while children are around! This space will have some extra computers for the teachers to use and will be out of the school area so that teachers can have uninterrupted time to work. We are very excited to be able to find space for this in the remodel!

Thanks for sharing your children with us,

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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 Repellent

Some families would also like us to apply insect repellent to their child before we go outside. If you do, you must bring the insect repellent, 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 repellent should be no more than 30% DEET.

We will apply all aerosol insect repellent while we are outside due to ventilation. To apply the repellent 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 repellent to the child's clothes. It is advised that children be bathed later in the day to remove the repellent and the child's clothing be washed before wearing again.

Shoe Safety

We also 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. Many visits to health services are due to falls because kids aren't wearing good shoes. 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!

Sprinkler Days

Some classrooms may have planned sprinkler days throughout the summer months. This is a time for children to play outside in a water sprinkler in their swim suits. The sprinkler is stationed in a grassy area on the west side of the building between the building and the fence. The area is accessed through the courtyard between the Frogs and Hummingbirds classrooms.

On sprinkler days, children are encouraged to bring a swim suit and beach towel but should wear their regular clothes to school. Prior to the sprinkler time, the children will put on their swim suits with adult assistance. The teachers will put sun screen on the children's exposed skin. If you would like to bring a sun hat or other sun protection, please feel free to do so. If the children do not want to play in the sprinkler, there are other options such as a water table. You may also want to bring water shoes or other protective foot wear since the children are running on grass in the sprinkler.

The children will have sprinkler time as an alternative to other gross motor play. This means that the time generally consists of 15-20 minutes and is instead of using their playground or gym time that day. Please watch for your child's classroom newsletter or monthly schedule to see if and/or when your child will have a sprinkler day. Some classrooms choose not to play in the sprinklers but to have other water day activities instead. Please make sure to watch for these fun summer activities!



Bike Helmets

Fraser School provides bike helmets when children ride on two-wheeled bikes or scooters but we do not provide helmets for children that are riding tricycles outside on the playground. If you would like to have your child wear a helmet when riding a tricycle outdoors, please bring a helmet labeled with your child's first and last name. Your child's teacher can bring it outside during the classroom's playground time.

Measles Update

As of May 31, there were 70 confirmed measles cases in the state of Minnesota. Most cases continue to be in unvaccinated children; however, there are three cases in people that had received both MMR vaccines. Of the 70 cases, 61 are in Hennepin County, 3 are in Ramsey County, 4 are in Crow Wing County, and 2 are in Le Sueur County. In addition, 66 of the 70 cases occurred in people that were completely unvaccinated and one had one dose of the MMR vaccine. Sixty-seven of the cases involved children aged 0-17 and three of the cases were in adults.

The Minnesota Department of Health has revised their recommendations for the MMR vaccine. They are advising that the first dose of the vaccine be given to infants as young as 12 months and that all second doses should be given 28 days after the first. The second dose will complete the series and children that have the second dose early will no longer need an MMR vaccine between 4-6 years of age. Adults should also check their immunization status and receive a series of MMR vaccines if they have not been vaccinated previously or did not have the measles.

Upcoming events

> No School

July 4, 2017
Independence Day

> Program Committee Meeting

July 10, 2017
5:00-6:00 PM

Upcoming events

> No School

August 31-September 1, 2017
Staff Development Days

> No School

September 4, 2017
Labor Day



Fraser is honored to have been chosen as the beneficiary of the WCCO-TV Pulling Together event, an epic tug of war across the Mississippi River! Twenty teams will compete in 10 pulls with a Minneapolis team competing against a St. Paul team in each contest. In addition to the tug of war, the event will feature food trucks, a beer garden, music, and other family friendly activities.

The event is on Saturday, June 10 from 9:00 AM to 3:00 PM at Hidden Falls Regional Park. The event is free but parking is limited. You can learn more about the event at:
minnesota.cbslocal.com/pullingtogether/event/

Each team had a fundraising goal that they needed to meet in order to compete. In the end, Fraser will be the recipient of all the donations raised through the event. To donate visit:
secure.qgiv.com/event/915571/

The festivities will include:

A live performance by Heiruspecs at 12:00

A Kid's Zone with:

- face painting provided by Central Roofing
- kid's tug of war
- bubbles by Vickijoan the Rainbow Lady
- sensory tent provided by Fraser
- North Star therapy animals
- local team mascots

A candy tent provided by Pearson's Candy Company

A variety of food trucks including:

- Frio Frio
- KCM Egg Rolls
- Grill & Ladle
- Gastrotruck
- Lake Street BBQ
- Panini Pub
- Hot Indian Foods
- MN Nice Cream
- Xstream Cuisine
- Sweet Dreams Concessions