



Saddleback Children's Center



Newsletter June 2021

Message from SCC:

Dear SCC Families,

We did it! What an incredible year! It is hard to believe the school year is already coming to a close. We have noticed our wonderful children mature before our very eyes and it is amazing to look back at the beginning of the year to see their progress.

We have been through numerous great adventures together this year. Wherever the next year takes you, we wish you the best of luck! We especially wish the best to our children heading off to Kindergarten and we will certainly miss them. It is comforting to know that we all will always be connected through our SCC family. This is such a special place!

- Meagan Kraszewski, Director &
Kristin Thomas, Assistant Director

Thank you!

We would like to take this opportunity to recognize our Preschool parents for all that you do! Together we are continuing to make the home-school connection complete!

IMPORTANT DATES TO REMEMBER



End of the Year Parties:

TUESDAY, JUNE 8th & WEDNESDAY, JUNE 9th

Orange, Brown, Blue, Yellow, Purple, Big Rooms

WEDNESDAY, JUNE 9th

Green Room

Each class will hold an end of the year party and the school will be providing pizzas for each class. Sign-up sheets will be on the Parent's Table for each class so parents can bring in other items for the parties!

LAST DAYS OF PRESCHOOL & FULL DAY & 8 HR PROGRAMS

-Preschool children that attend on Tuesday and Thursday will have their last day: **Tuesday, June 8th**.

-Preschool children that attend on Monday, Wednesday and Friday as well as those who attend Monday-Friday will have their last day on **Wednesday, June 9th**.

-Full Day and 8 Hour Children will have their last days on Thursday, June 10th or Friday, June 11th.



Important Reminders

SUNSCREEN

Please apply sunscreen to your child prior to the arrival at school.

Children that are enrolled in the Full Day & 8 Hour programs should bring a container of sunscreen labeled with their name.

Parents please be sure that you sign our sunscreen authorization form in the office.



STUDENT MEDICATIONS

Please stop and pick up any medications you may have in our office for your child BEFORE leaving for the summer. If your child is enrolled in our Summer Program, we ask that you leave the medications here. If you are supplying the school office with medications for the 2021-22 School Year, please pick up a Medication Authorization Form to be completed by both parent and physician!

Also, make sure that you provide us with a medication that has an expiration date after June 2022! All medications and completed forms need to be in the office by August 6th.

SUMMER SCHOOL LETTER OF CLASSROOM ASSIGNMENT

Children that will be attending the Summer Program will receive an email notification confirming their class assignment by Monday, June 7th

Summer Full Day & 8 Hour students begin Monday, June 14th

Summer Preschool begins Tuesday, June 22nd



FALL ENROLLMENT LETTER:

Children that are registered to attend our school for the 2021-22 School Year will receive their class assignment in August. Fall Full Day and Eight Hour students will start on August 16th.

All enrollment forms must be turned in by August 6th!



SUMMERTIME IN THE OUTDOORS

Being a kid should include running around outside, riding a bike, climbing trees and exploring the woods, unfortunately today's youth are spending less time outdoors than any previous generation," said Sally Jewell, REI president and CEO.

REI member Richard Louv, author of the book, *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, said that some kids may be more interested in reaching the next level of a video game, than completing a hike. "But parental persistence, taking the long view, will pay off soon, in better mental and physical health for your children, and later, when your kids come to you as young adults and say, 'Remember that time we went hiking? That was the best summer ever.'"

Tips from REI for hiking/biking with young children:

Distance - Start small and see how it goes before attempting a longer hike or bike ride. For hiking, the maximum is a half-mile per year of your child's age, but may be much less; whereas cycling distance varies, depending on how much bike riding your child has done previously.

Degree of Difficulty - Be sure to set the difficulty based on your youngest child, or you risk turning your kids off to the activity, and they'll never trust you as an outdoor guide again. Keep in mind that the trip is for your kids! If you are an avid hiker or cyclist, satisfy your personal goals separately.

Trail/Route Selection - Choose trails and bike routes that offer a wide range of visual and interactive stimulation, such as waterfalls and bridges, meadows and picnic areas, huge trees and rocks. Variety is the key, with new surprises around every bend such as a loop trail rather than a repetitive out-and-back trail. Also be prepared with alternate plans if conditions warrant, such as a shorter alternate route in case things don't work out as well as expected.

Sell the Outing - How you sell the outing to children can be one of the most important aspects of your planning. Instill a sense of anticipation that leaves your kids anxious to get moving. Start by printing out a map and tracing the route together, identify special features of the hike or bike route beforehand, and include your kids in shopping for gear or supplies.

Age-Specific Goal Setting - Older kids may enjoy learning a new skill, such as navigating with a compass or fixing a flat tire; while younger children may enjoy finding the most types of flowers or bugs along the way.

Clothing - Hiking and bike riding may require some small changes to your child's usual wardrobe. Dress them in layers, so they can warm up or cool down easily; avoid open-toed shoes, and cotton socks which may lead to uncomfortable feet and blisters; and dress them in bright colors so they are easily seen. Also, when riding a bike, always be sure to wear a helmet.

Food & Water - Carry lots of dried fruits, energy bars (they don't need to know it's not candy), and let them create their own trail mix. Also be sure to bring along lots of water and to teach your kids about the importance of drinking water, as well as a new vocabulary word, "hydration." Let them carry their own, and try freezing water in a sports bottle or let them use a hydration pack— it makes drinking water fun!

Safety Kit - Teach kids to be safe and give each child their own personal safety kit. Include a whistle (for kids over 4; three blows means "I'm lost") to wear around their neck; in a plastic bag include an extra snack and water, sunscreen, extra layer of clothes and a bright-colored rain poncho. Finally, for older kids (depending on age and maturity), include a watch, some rope (for use in making a shelter from the poncho), matches (if they've been taught how to start a campfire) and a pocket knife.

Extras - Bring a camera for kids to use and paste pictures in their adventure journal, or to start a scrapbook to remember your adventures. When hiking it's a good idea to bring a compass, nature guide and a flashlight; and when cycling be sure to bring along a tire pump and patch kit, as well as a bike lock.

Nature Lesson - Remember that a walk in the woods or a scenic bike ride is a teachable moment. Use the opportunity to talk about why the park/trail is there; point out snakes and bugs, fungi and interesting rocks and plant species; and review the seven principles of Leave No Trace listed on the back cover of the adventure journal.





June 2021



Color: Blue
 Shape: Hexagon
 Number: 10

M	T	W	Th	F
	1	2	3	4
7	8 Classroom Celebrations		10	11 End of the School Year Full Day/ 8 Hour Students Only
		9 HAPPY Summer		
14	15	16	17	18
Start of 8 Week Summer Session - Summer Full Day/8 Hour Students Only				
21	22 First Day of Summer Preschool-Session 1	23 Chapel	24	25
	29		30	
28			naeyc	

June Bible Verse:
 "I will be glad and rejoice in your love."

