

HELC NEWS

VOLUME 22, ISSUE 9

JUNE 2017

Sun and Insect Protection Is Important!

Now that the high temperatures and humidity seem to be constant, below are further details for summer from the American Academy of Pediatrics (AAP).

Fun in the Sun

Under 6 months of age:

The two main recommendations to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For Young Children:

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

Heat Stress in Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced approximately every 20 minutes, even if the child does not feel thirsty.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

Bug Safety

- Avoid dressing your child in clothing with bright colors or flowery prints and don't use scented soaps, perfumes or hair sprays on your child.
- Combination sunscreen/insect repellent should be avoided because insect repellent should not be reapplied.

www.aap.org/advocacy/releases/summertips.cfm

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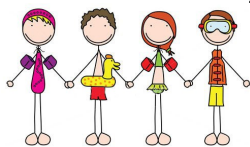
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HELC Office Hours

7 A.M.—6 P.M.

Water Play and Ice Cream



Summer heat is here and so is water play on HELC playgrounds. Check with your classroom teachers regarding the days and times each week that your child will participate in water play, usually twice each week. Each child needs a bathing suit and a towel. Please leave sun screen in the classroom with a permission form which is located at the front desk.

The Ice Cream Truck will visit HELC on the following days:

June 23rd July 21st
July 7th August 4th



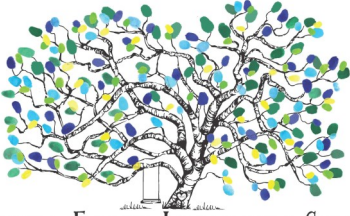
It is our goal to check for Ozone Alerts each morning and post a sign at the front desk for orange or red days.



2017 Important Dates
July 3– Parent Selected Staff Appreciation Day
July 4– HELC Closed for Independence Day



Enrollment Ongoing for Next Year



HARRIS EARLY LEARNING CENTER

A new school year will start on August 28th and enrollment for the new year is in progress. Some parents on the waiting list were offered and have accepted a space for their children for 2017-2018. Spaces will continue to be offered through the summer until each classroom attains its maximum number for enrollment.

As established in the beginning of HELC in 1995, children of corporate sponsored-employees have priority for enrollment before community children, at any age. On June 1st, we conducted the Infant Lottery Drawing and began offering infant spaces.

Classroom assignments for next year will be posted in early August. If you have questions about enrollment, please contact Diana Blackwell (dblackwell@harriselc.org).

NAEYC Family Survey Is Conducted Annually

Programs such as HELC that are accredited through NAEYC are required to give families the opportunity to complete a yearly program evaluation. A link was emailed to each family to fill out and give feedback about factors including the organization of the Center, communication between families and staff, and support given to families. If you are not sure about the meaning of a question, feel free to ask a director for further clarification.

We strongly encourage your participation in this evaluation. We will compile and share the results at the next Parent Representative Meeting.

Below is a link and a QR code to the survey

[Family Survey](#)



2017 Important Dates

July 3rd– Parent Selected Staff Appreciation Day

July 4th—Independence Day

July 28th– Last Day for Pre-K Students

August 28th– First Day of the 2017-2018 School Year