

HELC NEWS

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JUNE 2018

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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HELC Office Hours

7 A.M.—6 P.M.



Summer Water Play

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.



We will not be having the Ice Cream Truck come this summer. However, many of the classrooms are having freezer pops on the playground on very hot days. In addition, we will be having a few Friday afternoons during the summer that an ice cream treat will be the afternoon snack.

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



2018 Important Dates
July 4— HELC Closed for Independence Day



Enrollment Ongoing for Next Year



HARRIS EARLY LEARNING CENTER

A new school year will start on August 27th 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 2018-2019. Most of our classrooms are now full for next year but spaces will continue to be offered 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 April 2nd, the state PRE-K4 lottery was conducted and on May 1st, we conducted the Infant Lottery Drawing and began offering infant spaces. Classroom assignments will be posted in early August. If you have questions about enrollment, please contact Diana Blackwell (dblackwell@harriselc.org).

Parent Representative Needs

For the 2018-19 School year, the Parent Representative group is in need of a Co-Leader/President elect. If you are interested in learning more about the Harris ELC parent group, please contact the Center or President, Anne-Michelle Barnett.

Media and Young Children

Media is everywhere and understanding the impact this has on children's growth and brain development is critically important. The American Academy of Pediatrics suggests NO screens for children prior to age 2 and very limited, and with parent involvement use, after that. Children's brains grow the most they ever will during the first 2 to 5 years of life. They are grown by interaction with people, not screens. The alarming rate of children's attention issues, aggressive behaviors and difficulty with social-emotional development has been attributed to the overwhelming use of screens for children during a time in their lives that they should be learning to trust others, play with others and learn to understand emotions and empathy with and for others. It only takes a dinner out to look around and see how many families are connected to their devices rather than communicating with each other. Don't be "that family", for your child's sake!

Dates to Note on your Calendar

July 4th—Independence Day

July 27th— Last Day for Pre-K Students

August 13th-17th Parent Orientation Week

Fall Staff Development -August 23rd Closing at 12Noon/August 24th Closed

August 27th— First Day of the 2018-2019 School Year