

JULY 2022 NEWSLETTER



You won't know how refreshing a puddle can be unless you take a moment to jump in and see"

From Laurie's Desk

Dear Parents,

How is it possible that we are already talking about Back-to-School already? It seems like Summer just started.

It is time to secure your child's spot for the 2022-2023 school year.

PLEASE, do not assume that we know what your plans are. **All Pre-K and After School children who plan to remain here for the school year MUST put down a deposit, equal to one week's tuition, to reserve your spot.** This deposit will be applied to your tuition for the first week of school and has to be made no later than, Friday, July 15th. We are already having inquiries from outside of the center. **Any spots remaining after July 15th**

will be available on a first come, first served basis regardless of current enrollment. These spots ALWAYS fill up fast and we, regrettably, have to turn people away every year.

We look forward to another great school year! Enjoy the rest of your summer!

Laurie

KIDDOS

Birthdays

Davenport, Leo A	7/8/2020
Clasen, Jacqueline A	7/10/2019
Weise, Walker D	7/10/2021
Guadalupe, Noah E	7/15/2018
Cochran Jr, Dexton	7/17/2019

Ward, Levi W	7/21/2020
Cardoza, Kingsley	7/24/2020
Sanders, William "Bodhi" B	7/29/2021
Sanders, Harris L	7/30/2021
Johnson, Keller L	7/31/2018



Important Dates

July 1—Canada Day

July 3—St. Thomas Feast Day

July 4— **Puddle Jumpers CLOSED**

July 4—Independence Day

July 11—World Population Day

July 15—National Pet Fire Safety Day

July 17—National Hot Dog Day

July 18—Nelson Mandela Day

July 21—National Ice Cream Day

July 25— St. Thomas the Greater Feast Day

July 28—World Hepatitis Day

July 28—Parents' Day

July 29—National Lasagna Day

July 30—International Friendship Day

July 30—National Cheesecake Day

July 30—Day Against Trafficking in Persons



Employee Birthdays

Amanda Tuggle 7/5

Tonya Green 7/30

Employee of the Month



Shunita Green is our July employee of the month! Thank you for all your hard work and dedication! We are so lucky to have you as part of our family!

Congratulations!

Easy Fruit Sorbet (Only 3 ingredients!)

Raspberry

Peach

Raspberry Sorbet

- 7 - 8 oz Raspberry
- 3-4 tbsp honey or maple syrup (to keep it refined sugar free) or orange juice (if you prefer less sweet)
- squeeze of lemon

Pineapple Sorbet

- 8 oz Fresh pineapple peeled, nose removed, cut into ¼ inch cubes
- 3-4 tbsp honey or maple syrup (to keep it refined sugar free) or orange juice (if you prefer less sweet)
- squeeze of lemon

Peach Sorbet

- 7 oz peeled peach flesh, cut into ¼ inch cubes
- 3-4 tbsp honey or maple syrup (to keep it refined sugar free) or orange juice (if you prefer less sweet)
- squeeze of lemon

Honeydew Melon Sorbet

- 7 oz peeled honeydew melon sorbet cut into ¼ inch cubes
- 3-4 tbsp honey or maple syrup (to keep it refined sugar free) or orange juice (if you prefer less sweet)
- squeeze of lemon

Pineapple

Fruit Sorbet:

1. Cut up whole fruits into ½ inch cubes (except raspberries - these can be frozen whole).
2. Lay out the fruits in a single layer on parchment paper lined baking trays (it's OK if the fruits touch).
3. Freeze the fruits completely and store them in freezer bags.
4. Roughly weigh out 8 oz of the frozen fruit and place it in a small food processor or ice crushing blender.
5. Pulse to crush the fruits into small pieces and add the honey/syrup, a tablespoon at a time (while pulsing) to create a smooth sorbet-like paste. **Please see notes.**
6. Add a squeeze of lemon juice and run the blender for a few seconds to mix.
7. Spoon it into a bowl and serve immediately - or store in the freezer until you're ready.

Note 1 - When using the blender, it's best to use it in short bursts as the blades heat up and this could melt your sorbet. The smaller the fruit pieces the faster it will puree. Just keep an eye on it to make sure it doesn't melt.

Note 2 - Adjust the sweetness/sugar level by adding more or less sugar syrup. If you don't like sweeteners, you can substitute it with just water, or orange juice (or any kind of fruit juice).


Honeydew Melon

Lydia's Information Station



SURVEY RESULTS

Survey Finds That 67% of All Kids Are Wearing the Wrong Shoe Size



Shoes that are too small put children at risk of foot deformities and other serious health issues. The bad news for parents; almost two thirds of all children are wearing shoes that are too small!

Blitzresults conducted a study and found that 67% of all kids are wearing shoes that are too small. Of these, 48% are one size too small and 19% are even two. Only 33% are wearing the correct size and only 10% of those have "room to grow".

Improperly fitting shoes can cause hallux valgus. This is a foot deformity, it happens when the big toe starts to angle inward, which causes a swollen lump just below the big toe. A study conducted by the National Health Institute found that almost 30% of children had irreversible foot deformities, like hallux valgus.

To help parents make sure they are buying shoes that fit their kids properly, keep the following advice in mind:

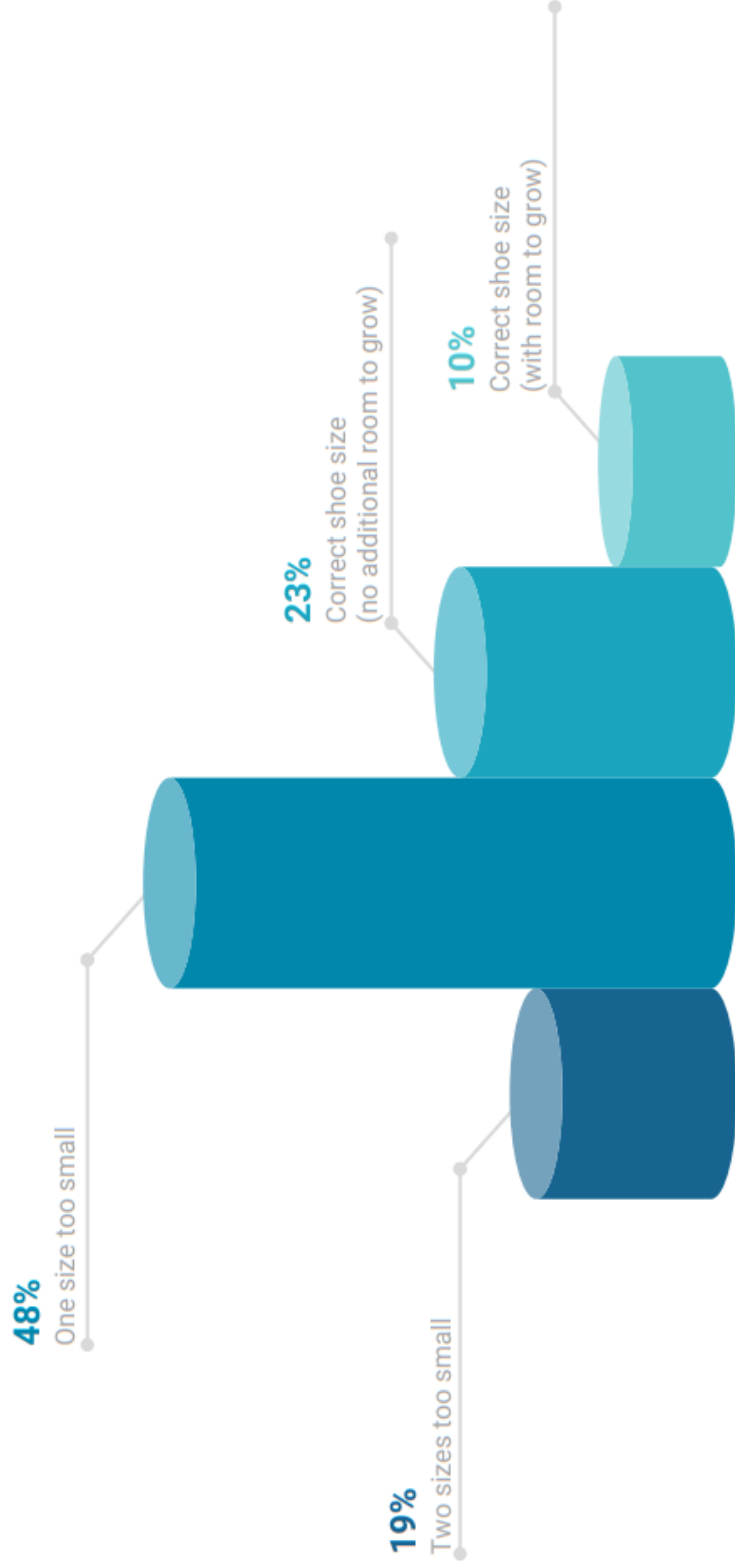
- **Go by the longer foot:** The right and left foot are rarely the same length. A difference of up to half an inch is normal, that's almost one whole shoe size. Therefore, parents should always go by the longer foot when buying shoes.
- **Don't rely on the shoe size:** Shoe manufacturers label shoes with standard sizes, the ones we all know. But, there is no mandatory industry standard for shoe sizing, so each brand will vary. Be sure to try on every shoe carefully.
- **Give 'em room:** Most parents are aware that feet need some room, but usually underestimate the actual room needed. At least $\frac{1}{2}$ inch of additional room is optimal, it's the only way kids can roll their foot properly when walking.
- **Do a regular check:** Tim Lilling, expert at blitzresults.com, tells us that, "Because the sense of touch isn't fully developed in children yet, they have a tendency to squeeze their feet into shoes that are much too small, they don't even notice it. Therefore, parents must measure their children's feet every 2 months." A measuring guide, useful conversion tools and a lot of information on how to choose shoes with the perfect fit can be found [here](#).

Unfortunately, many parents still use these “tricks” to judge whether shoes fit:

- **Trick: Hold shoe to foot.** The shoe sole is held up to the child’s foot to estimate the size, but the length on the inside of the shoe can’t be estimated from the outside, and is often much shorter than you’d expect (lining, seams, foot bed). **Better:** Use an appropriate measuring device.
- **Trick: The thumb test.** The thumb presses on the toe of the shoe to see how much room there is to grow. The problem; children often draw their toes up by reflex, so the foot is rolled under. It may seem like there’s enough room, although, in reality, the shoes are too small. Using the heel test is just as bad for judging free space in the heel. Many kids push their feet forward until their toes are cramped in. **Better:** Carefully feel your child’s foot inside the shoe. Place one hand on the front of the shoe, so the child can’t draw their toes up. Then, with the other hand, check the position of the toes. This way you can feel whether there is enough room to grow.
- **Trick: Size comparison using a stencil.** The shape and size of the foot is traced and compared with the shoe sole, but this comparison is usually imprecise. **Better:** If there is a removable insole, take it out and place the foot on the insole, there should be 1/3 inch of space behind the heel and half an inch in front of the toes.
- **Trick: Asking them how it feels.** Parents ask kids; “Does the shoe fit?” Unfortunately, the answer will likely be wrong. Often, the nerves in kid’s feet are not fully developed yet and their awareness of pain is clearly lower than an adult’s, so, kids don’t realize if the shoe fits. **Better:** First and foremost, measure their feet.

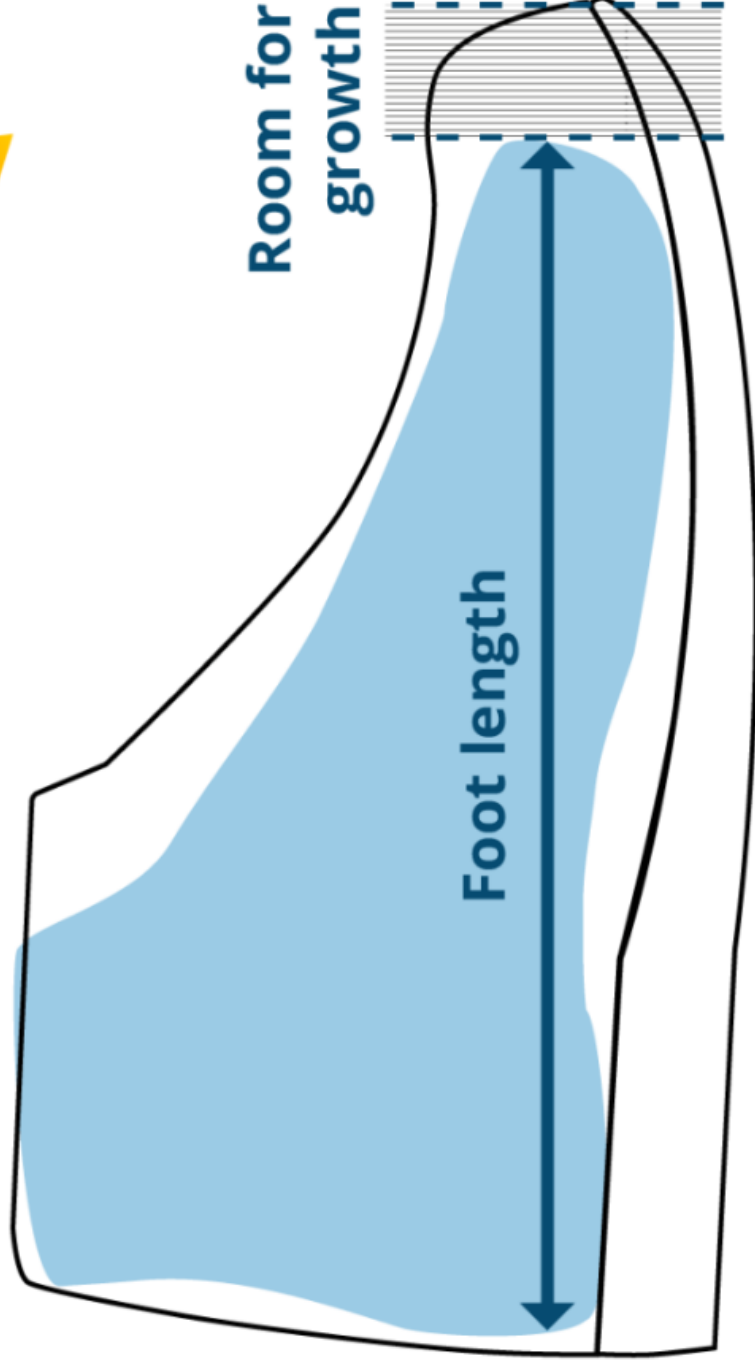
Children's shoes: Only one out of three children wear the correct size

Survey results in detail



Basis: 2789 respondents. Figures in percent. Statistical significance level 95%. www.BlitzResults.com/en/childrens-shoe-size

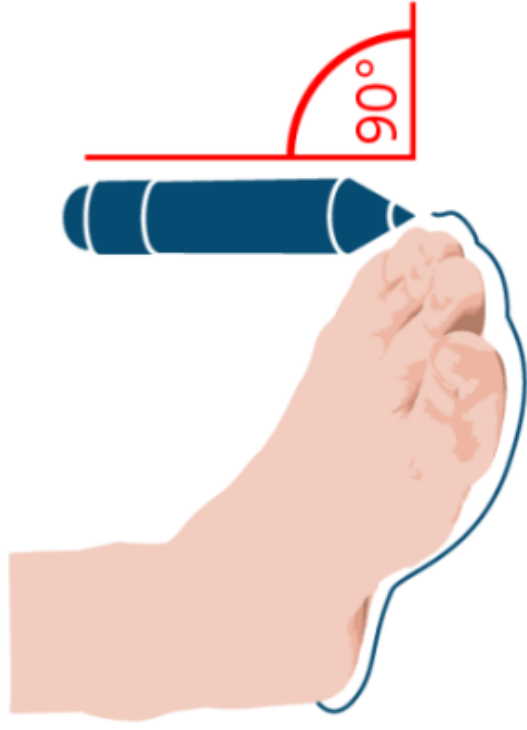
How Much Space Should a Child Have in Their Shoes?



Leave 1-2 inches of additional room

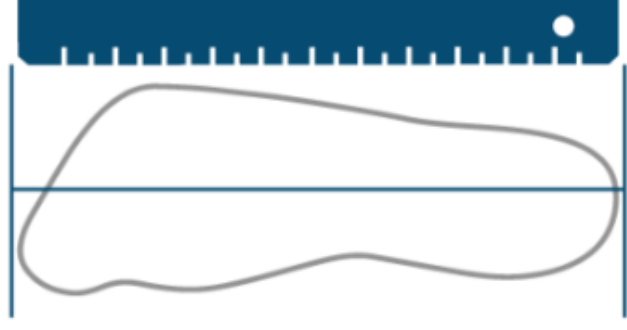
How to Measure Your Kids' Shoe Size?

A



Place the foot on a sheet of paper and mark the circumference (keep the pencil straight)

B

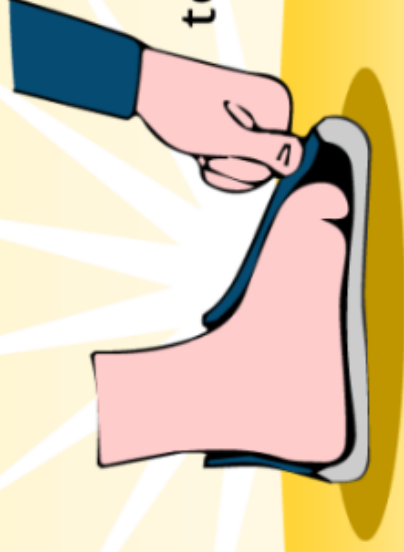


Then measure the longest distance with a ruler and look up the size in our shoe size charts

How do you know, if a shoe fits properly?

Not good:

Pressing thumb on the shoe to see how much room there is



The problem:

Kids retract their toes by reflex, so the foot is rolled under

Better:

Place hand on front of the shoe, so that child can't draw the toes up



Then, with the other hand, check the space at the heel

Printable sizing guide for US kids shoe sizes

provided by <https://www.blitzresults.com/en/childrens-shoe-sizes/>

_____	6Y	_____
_____	5Y	_____
_____	4Y	_____
_____	3Y	_____
_____	2Y	_____
_____	1½Y	_____
_____	1Y	_____
_____	13	_____
_____	12	_____
_____	11½	_____
_____	10½	_____
_____	10	_____
_____	9	_____
_____	8½	_____
_____	8	_____
_____	7	_____
_____	6½	_____
_____	5½	_____
_____	5	_____
_____	4	_____
_____	3½	_____
_____	2	_____
_____	1	_____

US Kids Shoe Size

← Feet extending beyond this line
should wear wide width shoes →

Align heel here

Print this sizing guide on
US letter sized paper.
Please place a credit card here
to check for print accuracy

UV SAFETY MONTH



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes



During extreme heat
the temperature
in your car could
be deadly!

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive
heat event in
3 to 7 days

HEAT WATCHES

Excessive
heat event in
12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive
heat event in
next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost
of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>

CS241620-A



Centers for Disease
Control and Prevention
Office of Public Health
Preparedness and Response



Avoid sunlamps
and tanning beds.

Stay in the shade,
especially between
10 a.m. and 4 p.m.

On days spent outside
upgrade to a SPF 30,
reapply every two hours.

Wear UVB blocking
sunglasses, covering
clothing and hats.

See your health care
provider every year
for a skin exam.

Examine your skin
once a month.

Keep newborns
out of the sun.

Use sunscreen
(UVA/UVB)
of SPF 15
every day.

Apply sunscreen
30 minutes before
going outside.

9 Ways to Protect Your Skin

**Prevention is easily done
when it comes to skin cancer.
Here are nine ways to prevent
skin damage from the sun.**

SUMMER

PET SAFETY TIPS

FROM THE DOGS OF GILDAY CREATIVE



NO HOT CARS

- **NEVER** leave a pet in a car during warm weather, not even with the window cracked.
- Leaving a pet in a car during warm weather can lead to **HEAT STROKE** and possibly **DEATH**.



SHADE & WATER



Protect your pets from the sun's rays and keep them hydrated.

NO HOT SURFACES

- IF IT'S TOO HOT FOR BARE FEET, IT'S TOO HOT FOR BARE PAWS.
- **ASPHALT** and **SAND** can cause a second degree burn within **35 seconds** to your pet's paws.



LIMIT EXERCISE



DON'T let playful pets overexert themselves in the heat. Exercise in the early mornings or late evenings when it's cooler.

HIGH RISK FOR HEAT STROKE



Short Nose



Long-Haired



Young



Elderly

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SIGNS OF A HEATSTROKE

- Heavy Panting
- Excessive Thirst
- Bright Red Tongue
- Drooling
- Vomiting
- Mobility Problems

SEEK VETERINARY ATTENTION IMMEDIATELY!



DOGS RULE. KEEP THEM HEALTHY AND SAFE THIS SUMMER!

JULY 2022

* Milk is served with *Breakfast & Lunch* *Menu is subject to change without notice

Date	Breakfast	Lunch	Snack
JULY 1	French Toast w/Syrup & Apple Slices	Pizza Rolls, Plain Potato Chips, Pickle Spears, GOGURTS & Mixed Fruit	Fig Newtons & Water
JULY 4	CLOSED!	CLOSED FOR 4 TH OF JULY!	CLOSED!
JULY 5	Cheerios & Pears	Beef Ravioli, Green Beans & Mixed Fruit	String Cheese & Water
JULY 6	Cheese Grits & Applesauce	Walking Tacos, Cheesy Pinto Beans & Pineapples	Goldfish & Grape Juice
JULY 7	Jelly Biscuits & Mixed Fruit	Mac n' Cheese, Green Beans & Watermelon	Graham Crackers & Water
JULY 8	Frosted Flakes & Strawberries	Pepperoni Pizza, Mixed Veggies & Tropical Fruit	Cheez Its & Water
JULY 11	Waffles w/syrup & Blueberries	Ham n' Cheese Sandwiches, BBQ Potato Chips, Pickle Spears & Orange Slices	Goldfish & Grape Juice
JULY 12	Cornflakes & Bananas	Cheeseburger Sliders, Puzzle Tots, Baked Beans & Honey Dew	GOGURTS & Water
JULY 13	Blueberry Muffins & Pineapples	Vegetable Egg Rolls, Teriyaki Rice & Pears	Moon Pies & Milk
JULY 14	Oatmeal & Strawberries	Scrambled Eggs, Sausage Patties, Buttered Toast & Peaches	Cheez Its & Water
JULY 15	French Toast Sticks & Applesauce	Turkey Bite, Pasta & Green Pea Casserole & Bananas	Graham Crackers & Water
JULY 18	Waffles & Mandarin Oranges	BLT Sandwiches, Doritos & Blueberries	Veggie Straws & Water
JULY 19	Pop-Tarts & Pineapples	Chicken Nuggets, Cheddar Mashed Potatoes, Sliced Tomatoes & Sliced Apples	Cheez Its & Grape Juice
JULY 20	Cheese Grits & Pears	Lasagna, Italian Green Beans, Garlic Sticks & Halos	Strawberry Yogurt & Water
JULY 21	Sausage Biscuits & Blueberries	Beef Taquitos, Mexican Rice, Chips n' Salsa & Pineapples	Oreos & Milk
JULY 22	Kix & Mixed Fruit	Cheese Pizza, Corn & Peaches	Banana Pudding & Water
JULY 25	Lucky Charms & Blueberries	Vegetable Beef Pot Pie & Cantaloupe	Animal Crackers & Grape Juice
JULY 26	Cheese Biscuits & Applesauce	Pizza Rolls, Corn & Watermelon	GOGURTS & Water
JULY 27	Pancakes w/Syrup & Peaches	Fish Sticks, Cabbage, Buttered Noodles & Apple Slices	Pretzels & Lemonade
JULY 28	Egg Patties, Buttered Toast & Pineapples	Brown Gravy Beef Tips w/Rice, Cauliflower & Mandarin Oranges	Graham Crackers & Water
JULY 29	Lucky Charms & Mixed Fruit	Sausage Pizza, Corn & Blueberries	Variety Pudding & Water
AUG 1	Cheese Grits & Pears	Buttered Tri Cheese Tortellini, Broccoli & Pineapples	Veggie Straws & Water
AUG 2	Donut Holes & Orange Slices	Chili Mac n' Cheese, Green Beans & Pineapples	GOGURTS & Water