

# July 2021 Newsletter



Child Enrichment Center

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 2021-2022 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 30th. We are already having inquires from outside of the center. **Any spots remaining after the 23rd**

**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

*Leo Davenport 7/8/2020*

*Ava Bonner 7/12/2005*

*Eli Barhoumi 7/14/2014*

*Noah Guadalupe 7/15/2018*

*Brixton Broughton 7/15/2019*

*Aaliyah McIntosh 7/16/2016*

*Ruth Bryant 7/21/2017*

*Levi Ward 7/21/2020*

*Keller Johnson 7/31/2018*



# Important Dates

July 1—Canada Day

July 3—St. Thomas Feast Day

July 4—Independence Day

July 5— Puddle Jumpers CLOSED

July 11—World Population Day

**July 16—Date Night @ Puddle Jumpers(6:30pm-11:30pm)**

July 18—Nelson Mandela Day

July 18—National Ice Cream Day

July 21—National Hot Dog Day

July 25— St. Thomas the Greater Feast Day

July 28—World Hepatitis 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

Sofia Colon-Ortiz 7/21

Tonya Green 7/30

## Employee of the Month



James Wilson 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

The Crafty Corner

## Berry Banana Smoothie

1/2 c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

### INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Bananas, overripe, mashed smooth, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

### DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container, stir until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight; stir before serving.

### TIPS

1. Substitute commercially available puree with overripe, mashed bananas.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
3. Refrigerated banana smoothies may discolor on very top layer if held overnight.

### NUTRITION

*Nutrition values calculated using weights of ingredients*

**8 fluid oz:** Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 41g (Dietary Fiber 2g; Sugars 28g); Protein 4g

**% Daily Value:** Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

**Exchanges:** 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

**Carbohydrate Choices:** 3



# UV Safety



## 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/>



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!**