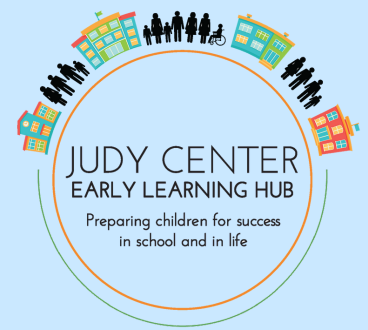


WORCESTER COUNTY JUDY CENTER EARLY LEARNING HUB

JUNE 2023 NEWSLETTER



JUDY CENTER MAY RECAP

May was another busy month for the Worcester County Judy Center Early Learning Hub! We went on a BERRY fun trip to Wright's Market to go Strawberry picking! We hosted Muffins With My Ladies at SHES and PES for the Pre-K through K students. Families were able to enjoy a muffin and read a story together. We also hosted our first Mobile Library Event with Worcester County Public Library at SHES! As we wrap up the end of this school year we hope that you will join us for the many fun summer events we have planned!



JUNE JOKES



Q: What did August say when June claimed that today is the last day of the month?

A: Don't July to me!



Q: Why do pirates hate May, June July and August?

A: Because they don't have Arrrrrs in them!

UPCOMING JUDY CENTER EVENTS

- **JUDY CENTER TINY TOT TIME**
Come participate in our weekly story time for children ages birth to 4, who are not currently enrolled in school. Our last Tiny Tot Time for the school year will be June 9th (combined sites) at John Walter Smith Park from 10AM-12PM. Lunch Provided. Contact the Judy Center for more info.

- **FROG Street Celebration**
FROG Street Families join us for an end of the year celebration at Eastern Shore Lanes in Pocomoke on June 7th from 10AM -12PM Please contact the Worcester County Judy Center for more information at 410-632-5224. Registration is required!

- **Maui Jack's Field Trip**
Join us for a fun filled day at Maui Jack's on June 26th from 10AM-12PM. Open to families in the Pocomoke & Snow Hill area with children birth-5! Registration is required. Call 410-632-5224 for more information or sign up using the QR code below.

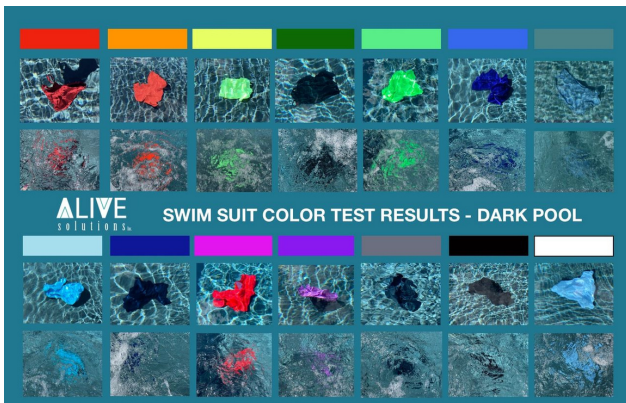


SWIM SUIT SAFETY

Source Alive-Solutions.com & today.com

While parents might choose swimwear for kids based on style or comfort, one new study suggests color is the most important factor to prevent drowning. According to the World Health Organization, drowning is one of the leading causes of death for people ages 1-24 globally with children under the age of 5 being at highest risk. In a test study, ALIVE Solutions Inc., a company that specializes in aquatic safety, put swimsuit colors to the test to see their visibility in both pools and open water. In pools, the top photo in each section is the fabric underwater, and the bottom photo is the fabric with surface agitation. "Our bottom two colors are white and light blue (check out how they disappear) and our top choices would be neon pink and neon orange," ALIVE Solutions said in its post. "Although the darker colors show up on a light pool bottom they can often be dismissed for a pile of leaves, dirt, or a shadow so I tend to stay away from those colors when possible."

The same colors were then tested in 18 inches of lake water with low visibility when it was partly sunny. The top colors for visibility were neon yellow, neon green and neon orange. "Think bright and contrasting," "Kids wearing bright, fluorescent colors are much easier to keep track of," she tells TODAY.com. "However, the lifeguard training that most water parks go through teaches the 10/20 rule — basically, 10 seconds to thoroughly scan your zone and 20 seconds to reach the person in distress — so even a child in those harder to see colors should be kept track of by a good lifeguard."



STAFF SPOTLIGHT

DR. GRAY JACK, JUDY CENTER DIRECTOR

Meet Dr. Jack! Dr. Jack has been the director of the Worcester County Judy Center Early Learning Hub since July 2018! The Judy Center Early Learning Hub mission is to ensure that our families and kiddos are prepared for school and our staff does an amazing job helping families meet their needs.

Some things about Me:

Last book read: The Crimson Cord by Jill Elieen Smith

Favorite Hobby: All outdoor activities

My favorite thing about working at the Judy Center is working with all the families and kiddos, community partners, Early Childhood teachers, childcare providers, and many others .



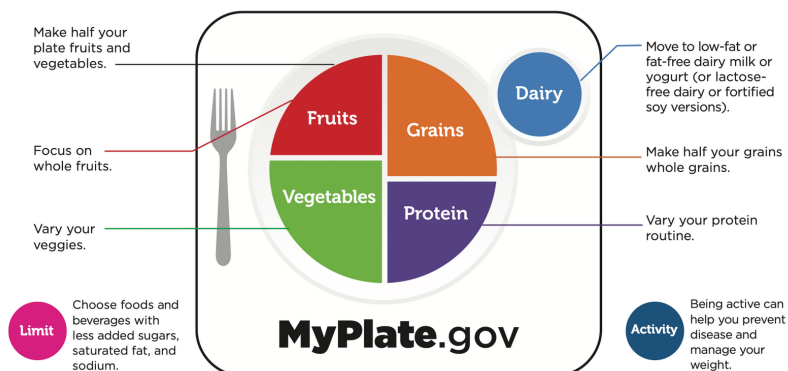
MYPLATE HEALTHY PORTIONS

Source: SNAPed.usda.gov

Making food choices for a healthy lifestyle can be a challenge, but the USDA has created a simple graphic to help students and families make healthy choices every day.

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



CONTACT THE WORCESTER COUNTY JUDY CENTER AT 410-632-5224



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Judy Center Of Worcester County