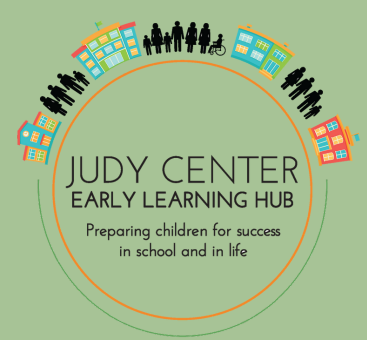


# WORCESTER COUNTY JUDY CENTER EARLY LEARNING HUB

MAY 2023 NEWSLETTER



## JUDY CENTER APRIL RECAP

April was a busy month for the Judy Center. We had so much fun switching it up with Tiny Tot Time at SHES and PES by meeting outside! We also had a fun Tiny Tot Easter Egg Hunt before our Spring Break!

This month we hosted our First Annual Community Baby Shower! It was such a success. We were able to shower 35 new/expecting Moms in the Worcester County area.

Be on the look out for all our fun events planned for this spring!



## 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.

**SNOWHILL ELEMENTARY**

**Mondays at 9:15AM**

**POCOMOKE ELEMENTARY**

**Fridays at 9:15AM**

Parents, be sure to bring your ID to check in. Contact the Judy Center for more info.

- **STRAWBERRY PATCH FIELD TRIP**  
Join us for a field trip to Wright's Market Strawberry Patch. Tiny Tots will be able to pick a pint of strawberries, learn how strawberries are grown, and receive an activity book. Please contact the Worcester County Judy Center for more information at 410-632-5224. Registration is required!

- **MUFFINS WITH MY LADY**  
Pre K- K students are invited to bring either their Mother, Grandmother, Godmother, Aunt, Sister or any other Special Female Adult Figure to this event to enjoy a book and a muffin!

**POCOMOKE ELEMENTARY**

**Friday May 12TH 1:30-2PM**

**SNOW HILL ELEMENTARY**

**Monday May 15TH 8:30-9AM**



## MAY JOKES



Q: Why are oak trees so forgiving?

A: Every May they "turn over a new leaf".



Q: What season is it when you are on a trampoline in May?

A: Spring-time.

# FAQ'S ABOUT SUN SAFETY



- Is a suntan healthy?
  - No! There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of potential skin damage.
- Are self-tanning lotions safe?
  - Yes. Self-tanning lotions are safe, however most do not contain sunscreen and thus, do not protect against sunburn or other harmful effects of the sun. Make sure to wear sunscreen as well.
- Does applying sunscreen mean I can stay outside longer?
  - No! Although a sunscreen with an SPF of 30 offers protection from sunburn, it does not block all of the sun's damaging rays. To fully protect yourself, remember to seek shade, avoid peak hours of sun exposure and wear a long-sleeved shirt, pants and sunglasses in addition to applying sunscreen.
- Do I have to reapply water resistant sunscreen once I put it on?
  - Yes. Water resistant sunscreens still have to be reapplied regularly, as heavy perspiration, water, and towel drying remove the sunscreen's protective layer.
- Is indoor tanning safe?
  - No! The dangers of indoor-tanning are well documented. In fact, research has shown that those who visit the tanning booth can increase their risk for skin cancer.

UV INDEX NUMBER	EXPOSURE LEVEL	PRECAUTIONS
0-2	Low	Wear sunscreen and sunglasses
3 to 5	Moderate	Wear sunscreen, sunglasses, cover up, seek shade near midday hours
6 to 7	High	Wear sunscreen and protective eyewear and clothing. Reduce time in sun between 10am – 2pm
8 to 10	Very High	Wear sunscreen and protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in sun between 10am – 2pm.
11+	Extreme	Extreme high risk of harm. Take all precautions. Unprotected skin can burn in minutes. If possible, stay inside.

Source AAD.org

## STAFF SPOTLIGHT

SUZANNE TRUITT, ADMINISTRATIVE ASSISTANT

Meet Mrs. Truitt. Mrs. Truitt has been working for the Judy Center since July 2018. Mrs. Truitt is the Judy Center's administrative assistance and book keeper. Mrs. Truitt is also a Worcester County Schools Alum!

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 seeing all the little smiles and working with the little ones!



## PASTA PRIMAVERA

Source: SNAPEd.usda.gov

### Ingredients:

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese



### Directions:

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

