

Kids R Kids #8  
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June 2020

## Sun Safety for Kids

With the first day of Summer right around the corner, it's important to think about sun safety, especially for our little ones.

Kids are more likely to be home this Summer and our beautiful Georgia days scream, "Come out and play!"

So, what is the best

way to protect your children from those harmful Summer Rays? The following guidelines are recommended from the CDC.

- Seek Shade: UV Rays are the strongest during midday. The CDC recommends



staying in shaded areas during this time to help reduce exposure to sun's rays.

- Cover Up: Many companies make UV protectant clothing. Even if you do not have access to these, using normal clothing to cover up helps reduce UV rays as well.
- Wear a hat: Some of the most forgotten and easily burned areas are the ears, scalp and the back of the neck.
- Wear Sunglasses: Exposure to UV rays can lead to cataracts later in life. Make sure to grab a pair that protects against UVA and UVB rays.
- Apply Sunscreen: Make sure that it is a broad spectrum (covers UVA and UVB rays) sunscreen with an SPF of at least 15. Apply 30 minutes prior to going outside and ever 2 hours thereafter.



### BE SUN SMART



Put on a Shirt



Put on Sunscreen



Wear a Hat



Wear Sunglasses



Stay in the Shade



SHARE THE SUN SAFE STORY  
WITH YOUR CHILD

## Paper Plate Suncatchers

### Materials Needed:

Paper Plates (small or large)

Scissors

Tissue Paper (many colors)

Contact Paper

Paint or Markers

Piece of Yarn or String

- Begin by cutting the center out of the paper plate.

- Paint or color the paper plate ring.

- Cut 2 pieces of contact paper, just larger than the opening of the ring and adhere one piece.

- Place small pieces of tissue paper on the contact paper (you could even add things like feathers or glitter).

- When you are finished adding items, take your other piece of contact paper and adhere it to the other side.

- Make a small hole in the top and attach string.



## June's Theme: Destination Summer

This month's theme for the *Big Steps Curriculum* is **Summer**.

- **Week 1: Traveling Tales.** We will take a trip and decide to go by boat, car, airplane, or train.

- **Week 2: Beachballs and Sandcastles.** We will play on the beach and in the ocean. We will make sandcastles, play with beachballs, and use umbrellas to keep us cool.

- **Week 3: Gone Fishing .**We will become different underwater

creatures, swimming around and visiting all of our sea friends.

- **Week 4: Ice Cream Parlor.** We will be working in an ice cream shop making ice cream, scooping cones, and selling treats to our friends.

This month, our *Fast Track Curriculum* will also focus on **Summer**

- **Week 1 : Sights and Signs.** We will investigate some signs and even create our own, focusing on words, number and

shapes to help give instructions.

- **Week 2: Packing our Bags.** We will tell stories about trips we have taken and what we took along. We will be telling the order in which we did things.

- **Week 3: By Land or by Sea.** We will take a trip together and decide to travel by the land or the sea.

- **Week 4: Hitting the Beach.** We will be playing on the beach and discovering all of the cool things we can do!

Summer Camp kicks off this month for our school age kids!

- **Week 1: Camp Kick Off.** We will hit the ground running with lots of fun activities!

- **Week 2: Heroes and Villains.** We will become neighborhood superheroes and work to make our world a safe place.
- **Week 3: Escape Room.** We will use our combined skills to conquer 5 different escape rooms.

- **Week 4: DIY Challenge.** This week, we will design, paint, and build all sorts of fun projects (including a projector and a pom pom launcher).

## Happy Birthday

- |               |       |               |       |              |       |
|---------------|-------|---------------|-------|--------------|-------|
| • Ms. Vita    | 06/15 | • Leonard     | 06/02 | • Kai        | 06/10 |
| • Mr. Terrell | 06/18 | • Christopher | 06/02 | • Kayla      | 06/13 |
| • Ms. Shirley | 06/25 | • Madison     | 06/05 | • Ziyah      | 06/17 |
|               |       | • Naomi       | 06/05 | • Cheyenne   | 06/19 |
|               |       | • Greyson     | 06/05 | • Kristopher | 06/23 |
|               |       | • Brielle     | 06/09 | • Mary Rose  | 06/27 |

## Covid 19– How our Center is Keeping Kids Safe

Here at Kids R Kids, we are working hard to keep your kids safe and healthy. Below are just a few things we are doing to achieve this.

- Temperature checks for everyone coming into the building.
- Limited access to the building. Teachers are only allowed to come into the building for assigned shifts,

and parents are dropping children off at the door. Children are escorted to their classroom by a member of the staff.

- Increased cleaning and sanitizing of classrooms, toys and mats.
- Children sit 3 to a table, maximum.
- 6-foot social distancing when possible.

**Thank you for letting us care for your children!**

## We Have Online Learning Resources

We understand that these may uncertain and/or difficult times. Just because your child is at home or on a reduced attendance, doesn't mean the fun and learning can't continue. Check out our website, specifically our extended learning page at:

**<https://kidsrkids.com/sugarloaf/curriculum/extend-learning-home>**

We have age appropriate and fun curriculums that you can use, as well as craft ideas.

If you have chosen to keep your child at home, we can't wait to see you back and look forward to continuing serving our parents and kids.

# Swim Safety Tips

As the weather warms, many people will be swimming at home, at the community pool and even at the beach. It is always important to remember swimming/water safety, especially if you have children. The following are a few tips recommended by the American Red Cross and the YMCA.

1. Swim in areas that are supervised by lifeguards and guardians.
2. Always stay within arm's reach of young children.
3. Swim with a buddy.
4. If you are on a boat, wear a lifejacket.
5. Stay hydrated.
6. Wear sunscreen and reapply often. UV rays are strongest between 10am and 4pm (Don't forget that you can be burned even when it's cloudy).
7. Never swim during a storm.
8. Keep toys, not in use, out of the pool so that young children will not be tempted to jump in after them.





MON	TUES	WED	THURS	FRI	SAT	SUN
1 Camp Kick Off*	2	3	4	5 National Donut Day	6	7 National Chocolate Ice Cream Day
8 Heroes and Villains	9	10	11	12 National Jerky Day	13	14
15 Escape Room	16 National Fudge Day	17	18	19 National Flip Flop Day	20 First Day of Summer	21 Father's Day
22 DIY Challenge	23	24	25	26 National Chocolate Pudding Day	27 National Sunglasses Day	28
29 Lights, Camera, Action	30					

Extra Notes Here:

\*Kindergarten- 6<sup>th</sup> grade Summer Camp themes are listed on Mondays.