DIRECTOR’S DESK

Welcome to the summer semester at Campus Child Care. We have already taken advantage of many warm days and lots of water play. We would like to welcome all new children and families along with those who have returned. It’s great to see all of you!

This is a transitional time of year when most children have moved to a new classroom, some of our teachers have switched classrooms, and five teachers are off for the summer. So, many children have at least one, if not two, new teachers. We recognize this is an adjustment for them (and you) so the teachers will be working to build new connections with each of you.

If you are new to our center, please be sure to have an intake meeting with your child’s teacher. Also, you will notice fewer student workers in your child’s room because we do not need to employ as many during the summer months. We have just three classrooms open this summer — Toddler/Two’s, Pre 1 & Pre 2. With the number of children enrolled this summer we were not able to have a stand alone twos classroom. However, your bill reflects the new rate. We are also lower on Mondays and Fridays this summer so you might have noticed that some teachers will be taking these days off.

If you have not received your enrollment packets they will be coming out soon. Also, remember the signed contract (are due back with any additional paperwork attached by the deadline noted on the cover letter. If you have questions please call Janene.

During the upcoming August interim please note that the entire center will be closed on Friday, Aug. 18 & 25 for professional development and new student orientation.

We will be planning a Family Gathering this summer on Wednesday, July 19th. Please sign up to join us on Family Day as we love to share our center and learning with you. There is more information on page 6 of this newsletter.

We will have another newsletter in August with updates. Don’t hesitate to ask if you have any questions. We will send out email updates if there is anything that you need to be aware of.

Kristin Schulz
Toddlers/Two’s
Welcome families to the Summer Semester!

Sherie, Pam, and Kaitlyn are excited to be with the two’s and toddlers this summer. We would like to welcome Maddie, Maya, and Alex to our classroom. We are anxious to get to know the new children to the center and new to the classroom.

We have been off to a busy start to the semester. We are taking advantage of the beautiful outside playground. When days have been hot we have water play to stay cool. We have a media table outside with water and measuring cups so the children can practice scooping and pouring. We also have brought out the slip and slide. Some children get right into the water and others enjoy to stand to the side and watch.

We have been painting tree cookies. Outside the children enjoy to touch, build, and explore the tree pieces. We brought some of these pieces inside to paint with paintbrushes. We have brought them out many times and added various different colors to them. As we paint them, we talk about the different colors we use and what a tree is and the different parts of a tree.

We have some fun activities planned for the children inside the classroom and while they are outside. We would like for the children to get to know one another and engage with one another during play time. The older children have created bonds with one another, and the littler ones are interested. During the summer weeks, we will encourage the children to learn one another names, and maybe even recognize their parents. The older children seem to like announcing when a parent has arrived! A classroom book with all the children’s

REMINDERS

- The last day of summer semester is Aug. 11. Full-day care is available during Interim (Aug. 14—24; applications are due by July 10. Anyone who requests care after this date will be charged the ‘extra care’ fee of 10%.

- We will be closed on 2 Fridays to provide time for professional development, classroom prep and new student orientation. These dates are Aug. 18 & 25.

- If you find that you need to withdraw from Fall semester, you will need to let us know ASAP or you will be billed for the first 2 weeks of that semester, no refunds for forgetting.

- Please call the center if your child will be absent or arrive late on his/her scheduled days. It is easier for us to make decisions regarding staffing or on-campus walks when we know who will be here each day.

- Child care rates for the fall semester are posted on the CCC web site.

- If you know any NIU student families looking for care this fall, let them know applications are available on our website for available space in our twos and preschool classrooms.
names and pictures has been created for the children to look through to accomplish this goal.
The children will be introduced to some new songs. One is from Maya’s family, which is in Swahili. If you have any favorite songs that we may not have heard yet and would like to share. We would love to know about it. This opportunity can also extend to books, cooking activities, or games for the children.

During our outside time, the children will have several opportunities to explore water, mud, ice, bubbles, and anything else that the children may be interested in! One activity will be to bring in vehicles to drive through mud and sand. After the children think they have had enough mud, they will be able to take them to the car wash. We have a feeling they will get very muddy again, but that is the best part about being a kid! Another activity the children will more than likely really enjoy is exploring tubs of baking soda and water with food coloring. This activity can be refrigerated so we can take it outside on a hot day so they can explore a cool sensory experience. Please note “cool” can be read as “It will be awesome!” or as in temperature! The other outside activity we want to talk about is freezing big bowls of water with treasures inside. When the sun helps melt the ice, or the children crack it with plastic hammers, the children will be able to play with the treasures. The treasures can change from time to time, one day it may be animals and other time it may be big gems.

We have planned for a few cooking projects this summer too. One day we are planning on making green smoothies with the children. This is a great way for picky eaters to eat green leafy vegetables, without knowing they are eating green leafy vegetables. We have discovered that when a banana is added to the mixture, it usually masks the taste of the kale and spinach. This is an activity the children can help us create by bringing in some of the ingredients and added them to the blender. Many of the children LOVE books, so we are going to incorporate cooking activities with some favorite books, If You Give a Pig a Pancake and If You Give a Moose a Muffin. The children will also be able to make mini pizzas and hopefully have a little picnic.

Campus Child Care will be hosting a Family Gathering this summer. Be on the look out for more information as we would love to have you all here!

Looking forward to an amazing summer semester!

Katelyn Ostenson, Sherie Newman & Pam Yockey.
Preschool Room 1

Happy summer semester everyone! We are in full swing here in Pre-1.

I am so excited to be working with Leslie, we make a great team and we have so much fun together. We have planned a summer full of fun and learning!

We took our first walk as a new group and the children did an amazing job- I was so proud of them! They held partner’s hands, stayed on the sidewalk and we discussed how we stop, look and listen when crossing the road so we can all be safe.

For our social development and to build kindness and unity in the classroom, we had the children each vow to be a safe keeper. What does this entail you ask? Well, first we talk about how each of us has a job to keep ourselves safe as well as our friends while we are at school. We had each child shake hands with a teacher to promise to do their best each day to be a “safe keeper.” This week we will be introducing our photos on sticks with child’s printed name so every day they find their stick and place it into the safe-keeper treasure box. Then they sign their name on the daily safe-keeper creed. Not only does this help them understand that they have an important part in the classroom, it also develops name and letter recognition as well as recognizing our friends in our class. Please help your child with this task every morning at drop off.

We also have our “helpful huskies” bulletin board. Any time Leslie or I see the children being kind or helpful they get to add a paw with their name on it to the board. Leslie and I feel that positive, social skills are the foundation to a positive school and life career. It’s important that everyone knows how to get along with others and to always do it in a kind way even when we feel angry or frustrated!

Please check out the documentation board in the classroom and the hallway- we have many fun things planned and we want to make sure everyone has an understanding of just what children do learn when they “play” all day.

We will start being a lot more intentional on the playground with activities for the children to participate in and explore. We have added mirrors to the trees as well as strips of cloth to make it a relaxing place to play. We will be adding bamboo of different sizes on the hill so the children can experience a wind chime made by body movements. We also want to add a designated “mud play area”- so extra clothes are always an awesome idea!
Daily, we will either be going on walks, engaging in water play, or spending time playing on the playground. Please dress your child in play clothes and closed toed shoes every day. Safety first in Pre-1! For water play the children need swim wear, water shoes and a towel. We also apply sunscreen 2x a day so if you don’t like our kind you can bring your own and label it with your child’s name, as long as it is not the spray kind.

We are off to a get summer semester. Please feel free to talk to Leslie or myself if you ever have questions or concerns! We are here for you and your child!

April Kaiser and Leslie Dolan

Preschool Room 2
WELCOME to the SUMMER SEMESTER in Pre 2! We have a lot of exciting activities planned.

Hillary did an amazing job rearranging the room to invite the children in to explore the new areas. As each child arrives we ask that you help your child find and hang their little T-shirt, print, write, or scribble their signature on the sign in sheet next to their picture/name, and then wash their hands followed by hug and kiss goodbye. Following the routine helps the children adjust into the room, and makes the transition easier, for both you and them!

Keeping the temperatures in mind; we will be having water play every Tuesday, Wednesday and Thursday. Each child will need clothes or a swim suit designated for water play, (with sprinklers on they do get muddy on occasion), water shoes or extra closed toed shoes to wear while getting wet and a towel. Please label everything.

This summer, the pre-2 classroom has been designated as the caretakers of the Heritage Garden – located across Annie Glidden Road next to the Barsema Alumni & Visitor Center and located on the grounds of where Annie Glidden lived. We have been documenting our journey of caring for the garden and learning about the amazing woman who lived their years ago. This garden is a collaboration between CCC and the DeKalb County Community Gardens. We walk to the garden 1-2 times a week to water and check if there are any vegetables to harvest. We have also explored the outside of the buildings and found the school house nearby.

Every child has a dragonfly on the closet in the room with a funny/bug face. You may have noticed that some have flies on them. The flies are reinforcement for reinforcing our social emotional
growth. Each week we will be focusing on certain behaviors: happy, kind, helpful, mindful, caring, responsible, honest, truthful, confident, optimistic, funny and unique. However, we are always working on and encouraging positive growth within social emotional development.

If you have any questions or concerns, you can let us know when you drop off or pick up or you can always email us.

Ann (akuta@niu.edu) will be working 7:00-3:30 M-F

Hillary (hrosher@niu.edu) will be working 9:00-5:30 M-F

Have a great Month!

Ann Kuta & Hillary Rosher

Family Day– Wednesday, July 19th 8-5pm

A sign up sheet will be posted in each classroom for you to pick the best time to join us. Reading a book to the group at drop off, eating snack, playing on the playground or letting us visit your office, building a block structure or making pancakes are just some of the opportunities you could join in on!

You don’t have to stay long but this is our way of sharing our summer with you and building connections!!

We look forward to spending some time with you, so save the date today!!
SUMMER TIME HEALTH TIPS

While it’s hard to believe that the full force of summer is here upon us, the beautiful weather and vacation season tends to lead to more outdoor activities which may also necessitate some summer-time first-aid measures. The following list consists of a few tips for typical summertime-needs.

1) **Sunburn:** It is important to gradually expose oneself to the sun, starting out with 5-10 minutes of exposure for the very fair, up to 30 minutes of exposure for those with a greater tolerance. The use of sunscreen is strongly recommended if prolonged exposure to the sun is unavoidable. The higher the number of SPF (sun-protection factor), the greater protection. Remember that sunburns also can take place on cloudy as well as sunny days.

2) **Heat Exhaustion:** Heat exhaustion takes place when the body temperature rises due to the inability to cool itself. When the temperature and humidity are both high (in the 90’s) sweat does not evaporate off the body to keep it cool. It just rolls off the body. This allows the body temperature to increase and also increases the risk of dehydration. Drink plenty of fluids in the summertime and avoid strenuous exercise during the hottest part of the day. Wearing loose cotton clothing and a light colored hat also helps. As much as 30% of the body heat is absorbed through the head.

3) **Insect Bites or Stings:** It is important to remove the stinger if it is left in the skin. Remove the stinger with a scraping motion with something stiff like a fingernail file. Do no pinch the stinger to remove it for more poison will be forced into the skin. Wash bite and sting thoroughly with soap and water. The application of paste made from baking soda and water may help ease the discomfort. Also the use of cool compresses may make the individual more comfortable. Seek medical attention immediately if the person has difficulty breathing.

4) **Falls/Head Injuries/Broken Bones:** After a suspected injury, it’s a good rule of thumb to allow a person to move their own body or body part, before you move it for them. If a head, neck, or spinal injury is suspected, only allow skilled emergency medical technicians to move the injured person. Further harm can be prevented by keeping the victim still until emergency help arrives. If a bone is obviously broken and has broken through the skin, it should be covered with sterile gauze if at all possible. If not, be sure to keep it as clean as possible. Do not try to push the bone back in place. Control bleeding as necessary. When a broken bone is suspected, place the limb in a comfortable natural position and immobilize it with splints and seek medical attention.

5) **Bleeding:** Apply direct pressure to the wound and when possible elevate the injured part of the body. The use of tourniquets is not recommended. Steady, firm pressure with the firm application of a bandage is usually all that is necessary. However, prompt medical attention is advised for severe bleeding that can’t be controlled.

6) **Burns:** Cool the burn as quickly as possible with cool compresses or cool running water. Cover the burn with a sterile dressing to protect it. Telfa bandages are best for they will not stick to the burn. Do not use first aid creams, ointments, or ovals. Do not break blisters. The fluid that lies beneath the skin covering the blister is sterile. Once the skin is broken the area is susceptible to infection.

7) **Cuts and Scrapes:** Be sure to cleanse all cuts and scrapes thoroughly with soap and water. Cover the wound with a sterile covering if necessary. Always wash your hands before beginning treatment whenever possible. This will greatly reduce the risk of infection.

It is important to be prepared for first aid situations. Check your first-aid supplies to be sure they include several gauze, sterile bandages, butterfly bandages, adhesive strip bandages, adhesive tape, scissors, cotton swabs, tweezers, soap and an elastic bandage. Perhaps you would like to pack a travel kit that can easily be taken with you on your outdoor excursions away from home.

I hope your summer is a fun filled pleasant one and that you will rarely need to use the first aid measures that have been discussed. If you have any questions or concerns for you can reach me at the 4C offices at 815-758-8149 ext. 289, or at lindsaym@four-c.org.

Thank you,

Lindsay Marvick, RN
You may have noticed all of the children have a white coating of sunscreen all over them when you pick them up. I’d like to explain why CCC uses Tropical Sands mineral sunscreen. (Not an advertisement just information)

A few years ago we were applying the regular store bought sunscreen two to three times a day on each child. One of our teachers had been doing a lot of research about the chemicals in sunscreen and how by nature they are absorbed into the body through the skin. We did not feel good about exposing the children day after day to some of those chemicals so we re-searched natural sunscreen products and came up with this one.

This product has high Broad-Spectrum UVA and UVB sunblock protection. It is a mineral sunblock (6% zinc oxide and 6% titanium dioxide) that contains no potentially dangerous chemical sunscreen ingredients that could be absorbed into their body!

This lotion works by creating a protective shield to reflect UV rays away from their skin. It’s SPF 30, water resistant, non-allergenic, includes no chemical fragrances, no chemical preservatives (parabens) or emulsifiers, and is non-nano.

We feel good about the protection it provides and the lack of chemicals we are adding to their bodies and if you have more questions please feel free to use the link blow to learn for yourself. As always, if you would rather we use another brand you are more than welcome to bring in your own lotion based sunscreen labeled with your child’s name. (We will not apply spray sunscreen!)