



Vol. 19 Issue 1 June 2011

Child Development Center

Newsletter

JUNE 2011



HOME — SCHOOL — CONNECTION

CONTACT INFO:

FAMILY SERVICES

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Child Development Center
(951) 696-1600

Room 4: ext. 2112
Room 5: ext. 2113
Room 6: ext. 2114
Room 7: ext. 2177
Room 8: ext. 2115
Room 10: ext. 2176
Room 11: ext. 2168
Room 12: ext. 2167

UPCOMING EVENTS

End of the Year Performances:
Tuesday—June 7, 2011

Father's Day: June 19, 2011

Parents Information & Communication

For more information about
Family Services, our News-
letters, and Programs—please
visit our website at
www.murrieta.k12.ca.us
under Family
Services
Department



Happy Father's Day

June 7, 2011

Daddy, I Love You

Author: Unknown

Daddy, I love you for all that you do.
I'll kiss you and hug you 'cause you love me too.
You feed me and need me to teach you to play,
I love you on this Father's Day.

Red Cross Heat Safety Tips:

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

Eat small meals and eat more often. Avoid high-protein foods, which increase metabolic heat.

Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 5 and 7 am.

Stay indoors when possible. If air-conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they simply circulate the air.

Be a good neighbor. During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

LEARN PEDIATRIC FIRST AID AND CPR

Resource: www.redcross.org

End of the Year Performances

Tuesday, June 7, 2011

Room # 10: 5:30—6:00
Room # 7: 6:30—7:00



We will continue to
transition the children to
the age appropriate
classroom over the next
few weeks. We appreciate
your support.



Ms. Suzi Robertos

Hi. My name is Suzi Robertos. I have been working in the Child Development Center since 2007, and have been in room # 5 for the past year. I have worked in Child Development since 1996 and currently hold an Associate Teacher Permit. I love spending time with my family.