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Child Development Center Newsletter



SEPTEMBER 2010



HOME—SCHOOL—CONNECTION

CONTACT INFO:

FAMILY SERVICES

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(951) 304-1625

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
Room 207: ext. 2128

UPCOMING EVENTS

September 6

Holiday (No School)

Parents Information & Communication

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

Facts About Sunscreens

If you spend time outdoors during daylight, you need to use sunscreen regardless of skin type, the sun's energy penetrates deeply into the skin and damages DNA of skin cells. This damage may ultimately lead to skin cancer. Children are especially susceptible to the harmful effects of the sun, so take extra steps to protect their skin and to prevent sunburns. Babies younger than 6 months should be kept out of direct sunlight because their skin is even more fragile.

All sunscreens products include an SPF, which stands for Sun Protection Factor. The SPF number is a measurement of the amount of UVB protection—the higher the number, the greater the protection.

To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.

Avoid the sun between 10 a.m. and 4 p.m. Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of time you're outdoors during these peak hours.

Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. Also, consider wearing clothing or outdoor gear specially designed to provide sun protection.

Resource: www.bing.com/health article

Hold me, love me,
praise me so,
teach me, hug me,
watch me grow



Parents:

If you would like the staff to apply sunscreen on for your child, please make sure to fill out the "Permission Slip".

Thank you



I

My name is Michelle Rowland. This is my second year working for M.V.U.S.D.—Child Development Center. I currently working with the 3 years old in room 12 with and S.E.E.D.—afterschool childcare. I have 9 years experience working with children. I moved to Murrieta from Orange County 8 years ago with my wonderful husband and 2 beautiful daughters. Outside working, I enjoy spending time with my family and coaching softball for my girls.

Ms. Michelle