



The YMCA of Western Ontario
Child Care Connects
We build strong kids, strong families, strong communities.

University Child Care Preschool 5 June 2011

Photo of the Month

News from your Educators:

For the past couple of weeks we have been emphasizing the importance of respect and caring in order to make friends. We will continue to do so for the next couple of weeks through second step.

The children have been interested in bugs and spring items. To enhance their learning we have been providing materials such as bugs in the water/sand table and many art materials that elaborate on spring and summer (spring colours, flower pedals, etc.).

Also, the children have been interested in plants and going on many nature walks. We will be planting in our playground and adding some plants in our classroom made by the children.



Happy birthday to:

Salease, Olivia S., Olivia P., Maya, and Leif.

High/Scope Child Care Tidbit:

Literacy begins in infancy.

Learning to read and write is a developmental process that begins at birth and builds on children's basic need to communicate. This principle is at the core of HighScope's early literacy programs.

In HighScope classrooms and centres, children develop literacy skills by engaging in meaningful reading and writing experiences, and they become readers and writers through a unique combination of child-initiated learning and teacher-guided instruction. (www.highscope.org)



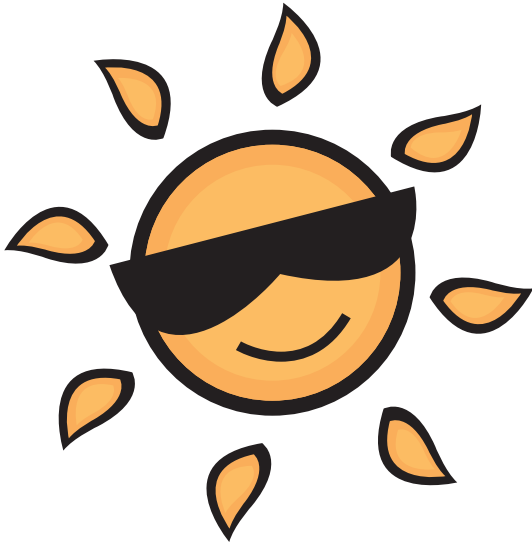
YMCA Child Care Services

Fun in the Sun Safety Tips

Now that summer is almost here, it's important to remember how to protect yourself and your children from the sun. Children have more sensitive skin than adults so they need extra protection if they are going to be out in the sun for a long time. A sunburn can occur in only 15 minutes depending on the UV index value.

To keep you and your child safe, you should:

- 1. Seek shade.** UV rays are strongest and most harmful during mid-day, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- 2. Cover up.** Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.
- 3. Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- 4. Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- 5. Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



EXPOSURE CATEGORY	UVI RANGE
LOW	< 2
MODERATE	3 TO 5
HIGH	6 TO 7
VERY HIGH	8 TO 10
EXTREME	11+

2011 YMCA SUMMER DAY CAMPS

HE'LL PROBABLY GROW AN INCH OR TWO THIS SUMMER.

HOW ELSE WILL HE GROW?



- LEADERSHIP
- CONFIDENCE
- RESPONSIBILITY
- SPRIT OF ADVENTURE
- EMPATHY
- CURIOSITY
- KINDNESS
- SELF-ESTEEM
- TEAMWORK
- IMAGINATION
- FRIENDSHIP

8 CONVENIENT LOCATIONS FOR CAMPER'S 3-17 YEARS:

- Spencer Lodge
- Fanshawe Conservation Area
- Centre Branch YMCA
- Bob Hayward YMCA
- Stoney Creek YMCA
- Woodstock, St. Thomas & Strathroy

- Transportation across the city
- Before & after care
- New campers always welcome

REGISTER TODAY!



Call 519-913-0061 or visit www.ymcawo.ca





YMCA Camp Queen Elizabeth

A tradition of Caring, Growing and Belonging since 1953






Register today for an unforgettable overnight summer camp experience!

519-913-0061
www.campqueenelizabeth.com