

# Parent Connection

First United Methodist Church's  
School for Little People

June 2011

## Top 8 Tips for No-Stress Summer Fun

By [Robin McClure](#), About.com

School's out ... now what? The summer months can present fun opportunities for travel, camps, and time with kids. It can also be stressful for families, especially with too many (or not enough) things to do and places to go. Here are tips for having a stress-free summer!

### 1. [Plan Ahead for Summer Activities](#)

Summer fun activities and an endless array of sports, dance, activity and academic camps are available in most communities. However, parents need to keep in mind that advance planning is key to getting in, as many of the most popular activities fill up quickly. Check with your city recreation departments, school districts, local attractions and libraries for starters to find out what the offerings are and what costs may be involved. Ask your kids what they really want to do with their time ... both for individual enrichment and as a family. Then don't wait; sign up while you still can!

### 2. [Create A Budget and Stick With It](#)

A big stress for families over the summer months is spending too much money. After all, costs for entertainment, food, travel, and even admissions to local swimming facilities can really add up. Parents should budget their summer fun dollars, and then advise kids (as age appropriate) that there is so much money for activities. Of course, with a little creativity and searching, you might be delighted in how many activities can be enjoyed for free!

### 3. [Don't Over-Schedule Kids During Summer](#)

Camps and special interest activities are wonderful, but beware of over-planning your kids' days over the summer. If a parent is home, sometimes sleeping in, taking a walk around the block, planning a bike ride or watching a movie together can be more enjoyable than rushing around getting from Point A to Point B and on the "go, go, go" all the time.

### 4. [Consider 'No-Plan' Times](#)

Keep an organized calendar that lets family members easily reference plans (such as swimming lessons or basketball camp). On that same calendar, schedule in some "not-to-be scheduled time." And stick with it. Part of summer's fun is to have cookouts, unstructured reading, etc., and block regular times out on the calendar that are dedicated to family only. Let your kids be bored (they will absolutely find something to do), and take a deep breath and just relax!

### **5. Set Limits for Neighbor Kid Play**

Of course, you want the neighborhood kids to come over and play with your children. Kids can spend hours together having backyard adventures and enjoying either others' friendships. However, be careful to avoid feeling taken advantage of and feeling that you are feeding all the neighbor kids or responsible for their entertainment and overall happiness on a daily basis. Arrange play dates where you alternate whose house kids play at or make other mutually agreeable days where kids can play. Set expectations with your own kids in advance to avoid any misunderstandings.

### **6. Keep Food Choices Simple and Light**

Parents sometimes fall in the trap of too-much takeout and fast food, and overlook the scrumptious and health offerings that come with summer. Load up on sandwich meats, fruits, vegetables, yogurt and healthy snacks and grill outdoors whenever possible. Summer presents a good time to encourage healthy-eating vs. calorie-laden snacks. And, while you're at it, use summer picnics and laid-back fun to encourage the learning of proper eating etiquette and table manners!

### **7. Keep Safety on Top of List**

The lazy, long days of summer create the opportunity to let your guard down. But tot safety must be kept as a high priority at all times. Summer fun means outdoor adventures, swimming, and explorations, which can also mean opportunities for sunburn, heat exhaustion, drowning, Lyme disease, and ozone alerts if you're not careful. Be sure that all elements are considered before heading outdoors or on vacation!

### **8. Don't Use Just Any Babysitter**

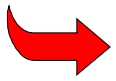
Lots of high school and college-age kids are available for babysitting jobs in the summer, but that doesn't mean they are qualified or right for the job. Before you entrust anyone with your kids, be sure to check out references and make sure that a potential babysitter really likes to be with kids and isn't just looking for easy money. Summer days can be long and present opportunities for health and safety concerns if kids aren't supervised and cared for with a loving heart and attentive eye.

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*Welcome to School for Little People's Summer Program*

**We are happy you have chosen to share your children with us  
during the summer months.**





## Answers to the Most asked Questions!

Some of you wonderful parents have come to us with questions about when and how to pay your summer tuition and how to make schedule changes, etc. Hope this information is helpful!!

**Summer Tuition** is paid on a weekly or ahead on a monthly basis. Bi-weekly payments are accepted but must be **made in advance of care**.

Weekly tuition is due on the first day of the week that your child attends the program. A \$5.00 late fee will be assessed if payment has not been received by Wednesday of the current week. If you are paying monthly it is due on the first of the month.

If your account becomes more than 3 weeks past due, your child will not be able to return for care until the account is up to date.

If you need to make a **schedule change** talk to Faye, Kim, or Vicki and we can fill out a schedule change form for you. Your requested change (provided we can accommodate it) requires two week notice. *We are sorry, but we cannot make schedule changes in the middle of an already scheduled week.*



*Be sure to check us out on Facebook. You have to “like us” in order to receive updated postings on your Facebook page. You can get to our page through the website, [fumcwf.org/slp](http://fumcwf.org/slp). If you search from your FB homepage, be sure to look for our logo.....*



## Park Play, a Note to Parents,

As we move into the warmer months of summer, we will be moving our park time into the morning part of our day.

*We want to make sure that your child has a safe and enjoyable time during our park adventures!!*

### If you will be arriving after 8:30:

- Your sign-in and sign-out sheets will be with your teachers. If the children are already in the park, you can drop off lunches, bags, etc. in your child’s cubby.
- Please make sure that breakfast has been eaten. Our breakfast time ends at 8:15am.
- Make sure insect repellent and sunscreen have been applied. (We wouldn’t want to miss anyone as parents are dropping off.) We will reapply in the afternoon, if we go out.
- Also, if your child is potty trained, please have them potty before dropping them off to us in the park.. If not potty trained, make sure they have a clean diaper or pull up on before bringing them to us at the park.
- **Closed toed shoes** are best for active play in the parks. Rocks can creep into sandals and flip flops and make running, riding, climbing and having a great time difficult. This does include our little ones also!!

If you will please help us out in these small ways, your child will be able to have a happy and swift start to their day with us!!



**If you and your family are planning to purchase a new computer this summer, perhaps you might consider donating your old one to School for Little People. They are very popular in our classrooms and we would love to be able to put 2 in each of our 3 and 4 year old rooms.**



## **SAFETY NEWS**

**We all lead hectic, overscheduled lives these days! As we are running from one activity to the next, we sometimes get tempted to cut corners...like leaving the kids in the car with the car running, as you make a quick errand or drop something or someone off.**

**Please make sure that you NEVER leave children in the car (running or otherwise). This can be a danger, not only for your child, but for those children around the car.**

**Please make sure that you DO NOT leave your keys in the car and the car running if you pull up at the front door on Travis. Though you may feel it is safe, you NEVER know what can happen.**

**This is a dangerous area with cars backing out into oncoming traffic while parents, children and others are crossing the street. We have had too many “close calls” in this area. Please park on the street or in the parking lot.**

**Lastly, in the interest and safety of all children, parents are asked to refrain from using cell phones in the parking lots, walkways (including crossing the street to the park) and building so that your attention may be focused on your child.**



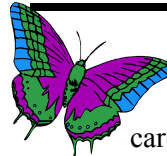
## **Summer Program Fun!**

This summer, it is important to us that your child has an enjoyable time while attending School for Little People. Our teachers have planned some special activities for your children to enjoy.

Since our summer weather is hot and getting hotter, the best time for **park play** is in the mornings. Be sure your child has on sunscreen and insect repellent before you drop off.

**Splash Days** have always been a part of the summer at SLP. They revolve around all kinds of fun water play in the Park. We have a wide variety of equipment to use so that all may have an enjoyable time!! This year we have made an effort to schedule them at different times (some will be in the mornings and some in the afternoons) so that all of our children can enjoy the fun!

You will find dates and what’s happening in the calendar section of this newsletter, but reminders will come to you as well.



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As a reminder, each family was given a key card to use as you drop off and pick up your children. No one may enter the building without a card.

If you have misplaced or lost your entry card, please notify the school office immediately. In order to enter the building without a card, you **MUST** contact the School for Little People office by calling 766-0575.

**Please do not ring the doorbell.** The church office staff is NOT familiar with our parents or those authorized on the pick up lists. Therefore in order for the security system to be effective, we are requesting our parents to contact the school office. We will be happy to come down and open the door.

Also, if you are unfamiliar with someone trying to enter the building and they do not have a key card or code, do not let them in. Every card swipe indicates to us who has entered the building. Remember, the system provides an added measure of security for all of us within FUMC. However, it’s effectiveness will only work if we all do our part.

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## Calendar

May 31 Water center open at the park

June 1 Story Time at the WFall Public Library. 4's will be leaving around 10:30am to walk to library. Parents are welcome to walk as well.

June 2 Streamer play in the park

June 3 **Splash Day for 3's and 4's** in the park in the afternoon from 3:30-close. Send a swimsuit, a towel, water shoes (not flip flops but something that can get wet.) We will dress them and apply sunscreen. Afternoon pick up will be in the park

**Splash Day for 2's** 9:00-10:00, in the Toddler Park. Send your child in a swimsuit and water shoes with a towel. Sunscreen and insect repellent should be applied before drop off. We will also need a change of clothes and shoes for the rest of the day.

June 6 Shopping Day  
Lid Frisbees in the park

June 7 Water center open in the park  
First Day for T-TH Camp

June 8

June 9 Chalk in the park

June 10 Water center open in the park

June 13 Shopping Day

June 14 Bubbles in the park  
Story Time at the WFall Public Library. 4's will be leaving around 10:30am to walk to library. Parents are welcome to walk as well.

June 15 Water center on in the park

June 16 **Splash Day for 2's, 3's and 4's** in the park in the morning from 9:00-10:30. Send your child to school in their swimsuit with sunscreen and insect spray applied. Also send a towel, water shoes (not flip flops but something that can get wet), and a change of clothes.

June 17

June 20 Shopping Day

June 21 Water center on in the park.

June 22

June 23

June 24 Paper Planes on the hill in the park

June 27 Shopping Day

June 28 Squirt bottles in the park

June 29 Story Time at the WFall Public Library. 4's will be leaving around 10:30am to walk to library. Parents are welcome to walk as well.

June 30 Chalk in the park

July 1 **Fourth of July Parade 10:00 all classrooms will participate! Come and join the fun!!**

**Splash Day for 3's and 4's** in the park in the afternoon from 3:30-close. Send a swimsuit, a towel, water shoes (not flip flops but something that can get wet.) We will dress them and apply sunscreen. Afternoon pick up will be in the park!

**July 4 School for Little People will be closed!!**

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## *June Snack List*

Water or milk, Cereal with milk, Pop Tarts, and Cereal Bars are always available for our Early Birds who drop off before 8:15. You may also choose to allow your child to bring breakfast from home.

All morning and afternoon snacks are served with water.

	<u><b>Morning</b></u>	<u><b>Afternoon</b></u>
June 1	Granola Bars	Pudding
June 2	Graham Crackers	Goldfish
June 3	Yogurt	Pretzels
June 4	Popcorn	Ice Cream Bars
June 7	Cereal Bars	Raisins
June 8	Bananas	Pretzels
June 9	Chex Mix	Poptarts
June 10	Muffins	Graham Crackers
June 11	Popcorn	Ice Cream Cups
June 14	Fruit Snacks	Applesauce
June 15	Pudding	Granola Bars
June 16	Yogurt	Cheese Crackers
June 17	Cereal Bars	Animal Cookies
June 18	Popcorn	Ice Cream Sandwiches
June 21	Pretzels	Bananas
June 22	Crackers & String Cheese	Goldfish
June 23	Chex Mix	Peanut Butter Crackers
June 24	Animal Cookies	Fruit Snacks
June 25	Popcorn	Ice Cream Bars
June 28	Graham Crackers	Cereal Bars
June 29	Poptarts	Applesauce
June 30	Granola Bars	Muffins
July 1	Cheese Crackers	Pudding
July 2	Popcorn	Ice Cream Cups