

July 2011

Volume 4: Issue 6

Family Scoop

Calendar of Events

- July

*7/15=Summer Social

- August

*8/1-8/5=CLOSED for Staff In-service training

- September

*9/13=Open House

- November

*11/24 & 11/25=CLOSED for Thanksgiving

- December

*12/3=Santa Breakfast

*12/23 & 12/26=CLOSED for Christmas

for Christmas

*12/30=CLOSED for New Years

- January

*1/2=CLOSED for New Years

SVCCF Staff In-Service Week

SVCCF will be closed for child care during the week of August 1-5. This week will serve as the 2011 In-Service training week for all faculty and staff. Staff will be attending state and license mandated training, which will cover First Aid, CPR, Diversity, IDEM and Code of Ethics. This time will allow for thorough cleaning, moving and planning.

Please see that your child has care for this week and you will not be charged tuition.

July Family Fun Night

The July Family Fun Night/Summer Social will be held Friday, July 15th from **5:00-6:30pm**. We hope to see you there! Sign-up sheets and more details will become available closer to the date.

St. Vincent's Values

A resale shop benefitting SVCCF is available for families and the community. This shop is open Tuesdays and Thursdays, 12:30pm-5:00pm. Please stop by, volunteer or donate items for the shop.

Parent Involvement

Our Programs and Planning Task Force is morphing into the SVCCF Site-Council. We are currently recruiting parents wishing to serve on this community-wide council which will focus on the needs of SVCCF families. If you are interested in joining this council, please contact Sr. Brenda at

sisterb@insightbb.com.

Check Us Out

Stay up-to-date by 'Liking' us on Facebook or visiting www.stvincentsdaycarecenter.com.

Referral Incentive Program

All SVCCF staff and currently enrolled families are eligible for a referral bonus! A new enrolling family must list your name after "How did you hear about St. Vincent's" on the in-take social history form for you to receive credit.

The incentive will be awarded in two payments: \$100 after referred family has been enrolled at SVCCF for 1 month and \$100 after referred family has been enrolled at SVCCF 1 year. You may earn multiple bonuses if you refer more than one family.

Grilled Banana S'mores

Ingredients:

- 3 small bananas, cut into 1-inch pieces
- 12 (0.3-ounce) individually wrapped squares dark chocolate
- 12 graham cracker sheets, halved

Directions:

1. Preheat oven to 400°F.
2. Thread banana pieces onto 3 (8-inch) metal skewers.
3. Place skewers on a grill rack coated with cooking spray.
4. Grill, covered with grill lid, over medium-high heat (350° to 400°) 5 minutes or until soft.
5. Place 1 square dark chocolate onto 1 graham cracker half.
6. Top with hot banana pieces and another graham cracker half.
7. Repeat with remaining ingredients.

*Serves 12

cMoe July Events

July 12th - NEW EXHIBIT OPENING!

The *Big Bank*, an exhibit created by the Betty Brinn Children's Museum of Milwaukee, Wisconsin and sponsored by Old National Bank, will provide hands-on learning opportunities focused on financial literacy.

July 13th - Summer Fun Series: Rag Dolls 1-2 p.m.

Before GI Joe and Barbie, kids made their own rag dolls to play with. Create your own piece of history with this fun take-home craft.

July 16th - Take Me Out to the Ball Game 1-2 p.m.

Learn the science behind America's favorite pastime as you try some cool hands-on experiments using baseballs and bats.

July 17th - Historic Craft - All Day

Do you have what it takes to be a pioneer? Try a craft from our nation's history in our lobby.

July 20th - Summer Fun Series: Homemade Ice Cream 1-2 p.m.

Help us create a frosty treat and then sample your creation. Make sure to take a recipe home for later!

July 22nd - Troubadours of Divine Bliss 2:30 p.m.

This eclectic folk duo performs high energy songs for the

whole family. Included with regular museum admission.

July 23rd - Symbols of America 1-3 p.m.

From the eagle to the statue of liberty, learn the surprising history behind our country's symbols. Then create your own fireworks show...in a bowl!

July 24th - Historic Craft - All Day

Do you have what it takes to be a pioneer? Try a craft from our nation's history in our lobby.

Military Appreciation Day

Made possible by AmeriQual Group, all military personnel plus one child admitted free the third Sunday of every month.

July 25 - July 31- Kindergarten Classroom Exhibition

A model classroom welcomes kids to take part in a typical Kindergarten experience while adults can ask staff "teachers" questions they may have about Kindergarten.

July 27th - Summer Fun Series: Chemistry Tie-Dye 1-2 p.m.

Whether you're an artist or scientist, you'll enjoy this activity that uses science to create a masterpiece!

EPA 'Cool' Tips for the Summer

The Environmental Protection Agency (EPA) is providing tips to protect people from the dangers of overexposure to the sun and heat while still enjoying summer activities. Excessive heat and ultraviolet (UV) radiation are dangerous to people's health. Each year, more people on average die in the U.S. from heat waves than from any other natural disaster. And every hour, one American dies from skin cancer, which is the most common cancer in the U.S.

During the summer months, days are longer and more people are outside for longer periods of time, increasing the health risks from heat exhaustion and overexposure to the sun. Cities and suburbs are particularly vulnerable to higher temperatures during the summer. Many cities and suburbs have air temperatures that can be up to 22 degrees Fahrenheit warmer than the surrounding countryside. Buildings and roads intensify heat and UV dangers as they absorb the sun's rays and radiate the heat back throughout the day and night, known as the heat island effect. Heat islands can intensify heat waves. To help reduce the heat island effect, plant trees, shrubs, and vines, which create shade and protect people from UV radiation.

To avoid heat exhaustion and overexposure to the sun, follow these steps to stay cool and safe this summer:

1. Stay hydrated.
2. To keep your body temperature down and stay protected from UV radiation, wear lightweight, light-colored, and loose-fitting clothing.
3. Approximately 30 minutes before heading outside, apply SPF 15 or higher sunscreen, and reapply every two hours.
4. Wear a wide-brimmed hat and sunglasses to protect your eyes from sun damage and the development of cataracts.
5. Find shade during the sun's peak hours between 10 a.m. and 4 p.m. to reduce the risk of too much sun exposure.
6. Keep an eye on others, particularly the elderly, remind them to be safe in the sun and the heat. Watch for signs of heat illnesses, which can include hot and dry skin, confusion, hallucinations, and aggression.
7. When planning outdoor activities check the UV Index to identify the times that pose the greatest risk for overexposure to the sun.
8. On hot summer days, ozone levels can rise making the air unhealthy to breathe so be sure to check the air quality index before heading outside.

