



SUMMER NEWSLETTER 2018



Happy Fathers Day





Summer News

Dear Parents:



We have many exciting things happening this summer at Sandcastle! Please keep a close eye on your child's calendar for field trips and water days. Summer months mean that our parking lot gets busier as children use it to travel between our two buildings. **Please remember to use caution while driving in and out of the parking lot!**

We would like to thank all the volunteers from St. Thomas and Visitation. The children loved having them in their classrooms!!

Please bring a bottle of sunscreen to keep at Sandcastle; this will allow the teachers to apply it as needed. All sunscreen must be labeled with your child's first and last name and, due to our licensing regulations, we cannot allow sunscreen in spray bottles. Please read the information on the following pages about sun safety!

Happy Anniversary!

Cheryl Schroder – 06/17/2016
Deborah Salinas – 07/01/1997
Jody Halverson – 07/21/2016
Valerie Ford-Jackson – 07/08/1985
Angie Frykholm – 07/15/2016
Isabel Ramos – 08/08/2016
Rebecca Rauer – 08/22/2016
Sydney Ahrens-Church – 08/22/2016

Rosemarie Cook – 08/29/1988
Allison Chapman – 08/29/2005
Janai Dixon – 08/14/2017
Jenna Durst – 08/31/2017
Margaret Gustafson – 08/31/2017
Joshua Jarzynski – 08/31/2017
Zach Koestler – 08/31/2017

During summer, children need water more than ever! Water bottles will be allowed for preschool and school age children for when they go on walks and field trips. The water bottles will not be allowed while at the center or on the play ground. All children have access to water at those times.



**Save the Date:
Wednesday, August 29th**

We will be having our End of Summer Picnic following our Pre-K Graduation. Graduation will take place at 4:30 and all family members are welcome. (There will even be a little show for the parents!) The picnic will run from 5:30 – 7:00. We will begin serving food at 5:30. The highlight of the evening will be a 'Bubble Party' by Imagine Music. Keep an eye out for more information!

Please remember to sign your child in and out every day at the welcome desk in each building. This really helps out our office staff that go through and have to fill in the times that were not marked.

Enjoy a summer filled with love, laughter, adventure, and happiness.





We just wanted to send out a thank you to all the families that donated for our staff appreciation lunch.

The Sandcastle Staff

Sun Safety: Information for Parents About Sunburn & Sunscreen

Follow these simple rules to protect your family from sunburns now and from skin cancer later in life.

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection (look for child-sized sunglasses with UV protection for your child).
- Use sunscreen.
- Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes.

Sunscreen for your baby

Sunscreen can help protect the skin from sunburn and some skin cancers, but only if used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.

How to pick sunscreen

- Use a sunscreen that says "broad-spectrum" on the label - that means it will screen out both UVB and UVA rays.
- Use a sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the more UVB protection the sunscreen has.
- Look for the new UVA "star" rating system on the label.
 - One star is low UVA protection.
 - Two stars is medium protection.
 - Three stars is high protection.
 - Four stars is the highest UVA protection available in an over-the-counter sunscreen product.
- For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and the shoulders, choose a sunscreen or sunblock with zinc oxide or titanium dioxide. While these products usually stay visible on the skin even after you rub them in, some now come in fun colors that kids enjoy.

Sunscreen for babies

- **For babies younger than 6 months.** Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.
- **For babies older than 6 months.** Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp

cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

How to apply sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well.
- Put sunscreen on 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete so make sure you're protected.
- Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating, or just from soaking into the skin.

It's good for children and adults to spend time playing and exercising outdoors, and it's important to do so safely.

Simple Rules to Protect your Family from Sunburns

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy.
- When possible, dress yourself and your children in cool, comfortable clothing that covers the body, such as lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave; they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better. Or you can look for protective clothing labeled with an Ultraviolet Protection Factor (UPF).
- Wear a hat with an all-around 3-inch brim to shield the face, ears, and back of the neck.
- Limit your sun exposure between 10:00 am and 4:00 pm when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection. Look for child-sized sunglasses with UV protection for your child.
- Use sunscreen.
- Make sure everyone in your family knows how to protect his or her skin and eyes. Remember to set a good example by practicing sun safety yourself.

Sunscreen

Sunscreen can help protect the skin from sunburn and some skin cancers but only if used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.

How to Pick Sunscreen

- Use a sunscreen that says "broad-spectrum" on the label; that means it will screen out both UVB and UVA rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 (up to SPF 50). An SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection.
- If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than not using sunscreen at all.

- For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. These products may stay visible on the skin even after you rub them in, and some come in fun colors that children enjoy.

How to Apply Sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands, and even backs of the knees. Rub it in well.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child spend time outdoors. Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel. Because most people use too little sunscreen, make sure to apply a generous amount.

Sunscreen for Babies

- For babies younger than 6 months: Use sunscreen on small areas of the body, such as the face, if protective clothing and shade are not available.
- For babies older than 6 months: Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe her eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or sunscreen with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

Sunburns

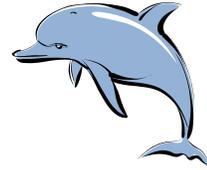
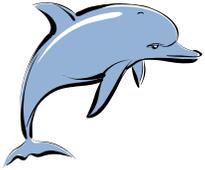
When to Call the Doctor

If your baby is younger than 1 year and gets sunburn, call your baby's doctor right away. For older children, call your child's doctor if there is blistering, pain, or fever.

How to Soothe Sunburn

Here are 5 ways to relieve discomfort from mild sunburn:

- Give your child water or 100% fruit juice to replace lost fluids.
- Use cool water to help your child's skin feel better.
- Give your child pain medicine to relieve painful sunburns. (For a baby 6 months or younger, give acetaminophen. For a child older than 6 months, give either acetaminophen or ibuprofen.)
- Only use medicated lotions if your child's doctor says it is OK.
- Keep your child out of the sun until the sunburn is fully healed.



Dolphins

(Jackie, Danette, Rose, and Carol)

Hooray for summer!

The Power of Play

Play helps with the development of a child's motor, language, cognitive, and social skills. It also encourages self-awareness. It can be any type of stimulating interaction. One game is to have your child sit up and look around. Tell them what they see and repeat the procedure with the same object or picture until they lose interest.

Tummy Time

Tummy time is another important activity for infants. Babies need tummy time to develop 1/2 of their physical movements. Those muscles and skeletal development can't develop without tummy time. These physical movements also help develop the brain. If babies are left in carriers, seats, etc. for too long a time, it interferes with their physical requirements of movement. The many benefits of tummy time include:

- Physical development
- Muscle & bone strength
- Digestion
- Coordination
- Ability to maintain balance
- Help child progress from laying to sitting...to crawling.... to walking

Tummy time supports an emerging sense of self because of a balance of rest and activity and the results of hard physical work.

Healthy reflexes, nerve pathways to the brain, and brain connections are all dependent upon movement.

We wish our father's a very Happy Father's Day!



Seahorses



(Becca, Jody, Tiffany, Angie, Jessica, and Isabel)

Summer has finally arrived! Warmer weather, sunshine and nature are all welcome after a long, cold Minnesota winter.

The Seahorse's schedule and daily activities do not change much in the summer months; we continue to have a child-led schedule.

We do like to go outside and enjoy the beautiful weather! Please make sure your child is dressed appropriately! Also, please bring sunscreen for your child and a sweater for cooler mornings.

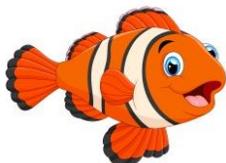
Summer is a wonderful time to enjoy new experiences and extend learning outside. Point out trees, plants, flowers, and animal!

Different textures are all around too!

- Explore grass, sand, dirt, mud, and concrete.
- Feel the ground, plants, toys, and water.

Outdoor time is great for building muscles in new ways - small playgrounds, learning to move in sand or shallow water, etc.

Let the summer be a whole new world to experience!



Clownfish

(Jaime, Rosa, Miracle, & Q)

Happy Summer! We are so excited to grow, learn, and explore in the warm weather!

Please check your calendar as we have a lot of fun planned for our Clownfish this summer.

Water Day

Every Friday we will play outside in the sprinkler. Please bring a swimsuit, towel, and water shoes (If you'd like).

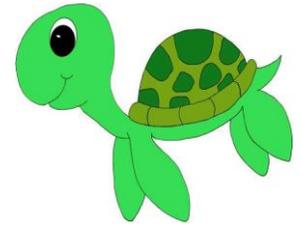
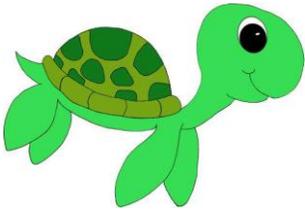
We will be exploring our senses this summer. As we are growing, we are learning about things around us, things have different textures, smells and sounds. You can expand on this at home by giving words to objects and feelings, letting your little one explore with their whole body.

Jaime 6:30-3:00

Rosa 7:30-4:00

Q 7:30-2:00

Miracle 9:00-5:30



Sea Turtles

(Brittney, Sarah, and Jenna)

Wow! Time has just flown by. We are already starting our summer hotter than ever. We have a few important reminders/ important notes before you read about our summer plans.

Reminders/ Important Notes:

- Check your turtle's cubby, make sure they have summer clothes
- Check with us about sunscreen, some we kept from last year because it did not expire.
- June 1st will be our last Family Bag Lunch Day for the summer. We will still have bag lunch day in July & August. We will be inviting parents back in September to continue our Family Day event. We see that our Turtles love it and so do all of you.
- Sprinkler Day will be Thursday (weather permitting). You should already have a note about what to wear and all the fun extra stuff.

Now we can get back to the fun material and talk about our summer months. In June, we are going to be learning about Flowers. As it didn't feel right talking about flowers when there was still snow on the ground. We will be coloring & painting lots of flowers in many different ways. We even have a fun kids in the kitchen planned where we are going to eat dirt and worms. When June is over, which will be faster than we know it, we are going to be learning about vegetables. We all love carrots as a veggie for lunch most days. Our Turtles are going to be making finger print carrots, growing beans, making garden labels, and even painting with sticks. We are hoping they will be willing to try new vegetables this month. As we start to think about our summer coming to an end, we are going to be learning about bugs. August is going to fly by but we are going to try to slow it down. We are going to go on nature walks, feed the ants, and even have time for some fun art projects. Our Turtles are going to be making trail mix.

Things to do at home:

- Start a garden
- Turn the sprinkler on and see what your Turtle does
- Fly a kite at a local park
- Have a picnic
- Go camping even if it is in your backyard
- Go swimming
- Check out the local library for fun events

We hope that you all have a wonderful, fun, adventurous, and sage summer.

Brittney, Sarah, and Jenna



Sea Lions



This summer we have a lot of exciting things planned, but first here are a few reminders:

- 1) Our sprinkler day will be every Tuesday. Please bring your child in his / her swimsuit and with shoes that can get wet. Pack clothes for your child to change into after sprinkler day (including shoes). No swim diapers please!
- 2) We ask that you apply sunscreen to your child every morning before you arrive. We will reapply throughout the day.
- 3) Per our health nurse, children need to have shoes / sandals that cover their toes. This means no flip-flops / fashion sandals, except on sprinkler day.

Our summer will remain pretty much the same, with the addition of a little bit more outside time. We will be having a park day each month, so on those days if you could send your child in tennis shoes and dress them according to the weather.

Our theme for June is Bugs, bugs, bugs! If you happen to see a bug outside, talk to your child about the bug. Ask them questions such as does the bug crawl or fly? What color is it? This will help your child when we talk about the bugs.

In July, our theme is “splish, splash!” We will be playing with water toys and exploring all different forms of water and the different bodies of water. Try freezing some of your child’s toys in a bucket and allowing them to try and melt them out of the ice!

Our theme for August will be camping. We will be exploring all things that come with camping. If you can, take your child camping...in your backyard, your living room, or at a real camping site! We will be exploring animals that can be found during camping and fun activities to do while camping.

As always, please make sure all of your child’s items are labeled, and thank you in advance for your participation!

Debbie’s summer hours will be M - F, 6:30AM – 1:00PM. Deanna’s summer hours will be M-W, 8:30AM – 5:00PM. Allison’s summer hours will be M-F, 9:30AM- 6:00PM.

If you have any questions or concerns, please don’t hesitate to ask!
Have an amazing summer!



Debbie, Deanna, & Allison



Sea Crabs

(Laura, Myesha, and Marcianna)

Summer is finally here! We have so many fun things planned this summer. Please make sure to bring your child in sunscreen everyday as we will be outside everyday (weather permitting). Also make sure your child has close toed shoes for summer. Our sprinkler day will be every Wednesday, please bring your child in their swimsuit, sunscreen, and water shoes (shoes that can get wet).

Our theme for the month of June will be backyard detectives. We will be exploring all things outdoors. We will be making ladybug art and bumble bee art. We even get to make dirt and worms for kids in the kitchen!

Things to do at home:

- Go for a bug walk
- Explore bugs in your yard with a magnifying glass
- Make lightning bugs with your finger prints

Our theme for July will be Fun with Water! We will be learning all about water and doing many water activities! We will be having our weekly sprinkler days as well as ice chipping and bringing in water bottles to use outside. We will even be making beaches for kids in the kitchen.

Things to do at home:

- Play in the water table/sprinkler
- Freeze toys in water and let your toddler chip the toys out
- Visit your local lakes and let your toddler explore

Our theme for August will be camping. We get to turn the Sea Crab room into a campsite! We will be making smores for kids in the kitchen and going on a bear hunt. We even will get to bring in a sleeping bag to use during nap.

Remember our end of summer party is August 29th. We will be closed August 30th and 31st.

Things to do at home:

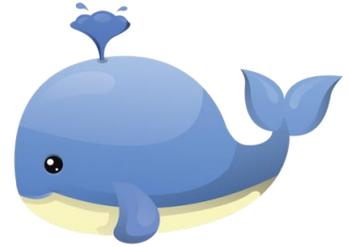
- Go on a nature walk
- Have a campfire in your backyard
- Make smores with your family

We hope everyone has a wonderful fun filled summer!

-Laura, Myesha, and Marcianna



Whales



- **Sprinkler Day**: Our class will have sprinkler day on Wednesday! We will begin to get ready at 9:00 AM. Please have your child dressed in their swimsuits underneath their clothes when you drop them off in the morning. Also, please provide your child with a towel and shoes that they can wear in the water. Please be sure to label your child's swimsuit and towel.
- **Park Day**: We will be going to the park every Friday. We will be leaving for the park at 9:00 AM. Please have your child wear appropriate shoes for park day. (i.e. - tennis shoes or sports sandals) On park day, please send a water bottle with your child labeled with their first and last name. For sanitation reasons, this is the only time water bottles are allowed. We provide a water jug and cups for children to freely use while in the classroom and on the playground at Sandcastle.
- We ask that you apply sunscreen to your child every morning before they arrive at school. We will re-apply in the afternoon!
- **Bag Lunch Day**: Please make sure that you are bringing food that does not need to be heated up. We do not always have access to a microwave, and in the summer months, we will sometimes enjoy our bag lunches outside!

Our theme for the summer will be “Summer Fun Has Begun”. We will focus on having fun during the summer months while being outside and exploring nature. To extend our summer theme at home:

- Remember to have fun and enjoy the beautiful weather!
- You can take your child to the park and explore different aspects of nature.
- Visit parks and pools and lakes this summer and talk with your child about the different things they see in nature.
- A fun way to incorporate our color, number, letter, and shape of the week is to point it out / talk about it with your child at all the fun places you decide to visit!



Have an amazing summer!



Penguins

(Allison, Tiffany, & Cody)

Dear Families,

Summer is our favorite season. As summer approaches, we will start lots of fun outdoor activities. The next three months we will have fun themes such as “over in the garden,” “sports,” and “the beach!” Our sensory table will be filled with lots of hands on materials like dirt, flowers, noodles, orbeaz, etc...

The Penguins will be having park day every Friday, weather permitted, so please make sure to bring the kid’s water bottles. Also, sprinkler days start in June every Thursday so make sure to bring in their bathing suits and sandals.

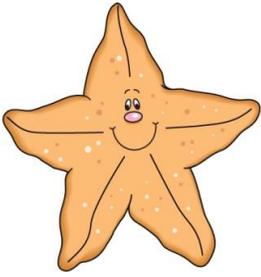
During these units:

- We will have lots of fun K.I.T.K. treats to make such as fruit and veggie tasting, tortilla footballs and popsicles.
- Our dramatic play will have a garden theme, sports theme, and beach theme over the summer.
- We will have a picnic lunch in the month of July.

At home to reinforce the summer concepts, try the following:

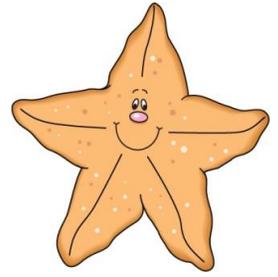
- Plan a family picnic and allow your child to help plan what food and items that will be needed.
- Take part in or observe any summer activities such as boating, fishing, camping or just taking a bike ride.

Have a great summer!



Sea Stars

(Brianna, Giovanna, Sue, and Jill)



This past month we had a great time exploring the outdoors with our Backyard Detective theme. We learned about plants, animals, and activities that we can find and do right outside in our play yard. The children had fun looking around the play yards for bugs. They collected them, named them, and made them their pets! We explored this theme through books, art projects, activities, and theme toys.

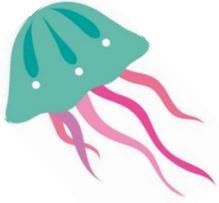
This next month of June, our theme is Down on the Farm. We will be exploring different animals, crops, and jobs on the farm. Some things you could do to continue this at home is going to the farm exhibit at the Minnesota Zoo, go to Gibbs farm in St. Paul, and find a county fair and go explore!

July our theme is Water Wonderland! We will be learning about different water sources, water animals, and water activities. Continue this theme at home by going fishing, going to the Sea Life Aquarium at the Mall of America, go to the beach, or go for a boat ride.

August's theme is Fairy Tales! We will be learning about fairy tales old and new and exploring the messages or morals that each tells us. This theme is also a great way to expand on our imaginations! To continue this at theme talk to your child to a play based on a fairy tale, watch movies, read books at home, and dress up like a fairy tale character.

Reminders:

- Bag Lunch Days- No nuts
- Water Day- Bring a towel, water shoes/ sandals, a change of clothes, and have your child come in their bathing suit.
- Bowling July 17th- Bring Socks
- Bike Days- You must bring a helmet if you bring in a bike or scooter.



Jellyfish I

(Val & Sumayo)

Our theme for the month of June is water wonderland. With this theme we will learn about water, water safety, and tools used for water.

Here are some things you can do at home!

- Go on “water walk” at home
- Play with water in the bathtub

In addition to having fun, these activities will help children develop their literacy skills.

As the weater gets warm:

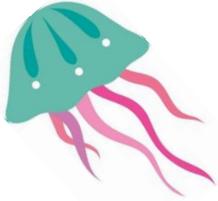
Each child needs sunscreen on in the morning. Please help us by applying sunscreen on at home or you can do it when you get to school. Also, please bring in a swimsuit, water shoes, and a towel for our water activities.

July and August

Our theme for the month of July and August is Backyard Detectives. We will take outdoor walks, create nature art work, and enjoy nature stories. Each child will share special discovery moments of their own.

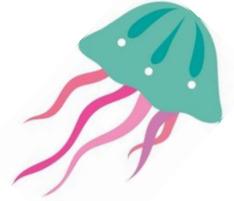
Please make sure that you sign all of the permission slips and always be looking at the calendar for the fun activities we have planned.

-Val and Sumayo



Jellyfish II

(Molly & Kathy)

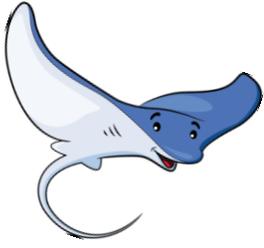


This summer your Jellyfish will be learning about vehicles, the different parts inside the vehicle, and the different people that work on them. They will also be learning about their community, community workers, the jobs throughout the community, and ways to keep yourself safe in the community and at home. We also will be learning about water; different forms of water, different aquatic life, water safety, etc.

Summers are very busy with lots of activities and field trips. We try to have the calendars updated as much as possible however some dates may change due to adding new field trips and some cancellations.

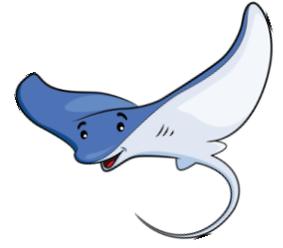
On bike days, Jellyfish have to have their helmets with their bikes. Please label their bikes and remember to take their bikes home at the end of the day. On water days, please bring you Jellyfish dressed in their water gear (bathing suits, water shoes, towel, and sunscreen on). Also have a pair of dry clothes to change into afterwards.

-Molly & Kathy



Stingrays

(Stacey, Ashley, and Margaret)



Happy Summer Stingray Parents! Last month the kids loved learning about the ocean and different creatures that live there. For the month of June, we will be learning all about space. The kids will learn about the planets and the stars. If you want to learn at home too, try talking to them about what they have learned or visit the local planetarium. In July the kids will learn about animals. Where they live and what they eat. If you want to continue this learning at home, try visiting the zoo, and talking about the different animals there. Lastly for August, we will be learning about transportation and the different vehicles. To continue the learning at home, take a walk and talk about the different vehicles you see and their purposes.

We are looking forward to this summer and seeing all our Stingrays graduate. Some reminders for this summer are:

- Please bring in weather appropriate extra clothes
- Please be here by 9:30 am on field trip days with appropriate shoes
- We ask that the children wear tennis shoes or sandals with a strap on the back. We will be going on long walks and don't want those little feet getting hurt.
- If your girl wants to wear a dress, we ask that they wear shorts underneath
- On Fridays we will be having water days. We ask that you already have their suits on in the morning and we will help them change into dry clothes after. Please remember to bring water shoes to wear in the sprinkler and a towel

We look forward to our awesome summer we have planned! It has been a pleasure teaching your little ones this year! And as always, if you have questions or concerns feel free to ask us.

-Stacey, Ashley, & Margaret



Puffer Fish



Summer is finally here and we are excited to be going to so many fun places for field trips! Some places we will be visiting is the Tavial Grill, Leitner's flower shop, the Como Zoo, Farmers Market, The Children's Museum, and Good Times' Park! Also, starting June 6th, we will be visiting the West 7th Library for stories and a puppet show every Wednesday! We will always be leaving at 9:45am sharp!

This summer we will also be doing sprinkler day twice a month and bike day once a month. When those times approach, we will post the reminders on our white board as well as your child's cubby!

Over the next 3 months, our class will be exploring the themes of "Community Helpers" (June), "Water Wonderland" (July), and "Out of this World!" (August). We cannot wait to have a fun filled summer with you all!

Just a few reminders:

- Please keep extra clothes & shoes in your child's cubby at all times.
- If you have not already, please bring in sunscreen for your child.
- At nap, we have the air on and it gets chilly in our room so please keep a blanket for your child in the cubby as we don't have many extras

If you have any questions or concerns about summer, feel more than welcome to ask Miss Becky or Mia.

We cannot wait to spend our summer with you!

-Becky & Mia