



June Newsletter



SUMMER SNACK



Strawberry Salsa & Baked Cinnamon Chips

Even your kids will never guess that this yummy sweet Strawberry Salsa & Baked Cinnamon Chips make a healthy real food snack!

Serves: 4 servings

Ingredients

Strawberry Salsa

- 1 lb fresh strawberries, chopped
- 2 whole kiwi, peeled and chopped
- ½ a lime, juiced

Baked Cinnamon Chips

- 4 Homemade Whole Wheat Tortillas
- 1 teaspoon unrefined coconut oil, melted
- 2 teaspoons cinnamon and 1 teaspoon raw coconut sugar in shaker bottle



CURRICULUM:

Monthly themes:

Week 1: Summer/Weather

Week 2: Beach/Vacation

Week 3: Water Sports

Week 4: Bugs & Insects

Monthly Letters

M & N

Color:

Tan

Yoga Pose:

Camel

Monthly Shape:

Triangle

Monthly Number:

Six (6) / Seis



Mia Gomez 6/9/14

Ms. Amie 6/13

Ms. Kathy 6/15

Ms. Rhonda 6/21

Connor Seevers 6/22/12

Axel Gasperini 6/24/16

Hudson Hambright 6/27/12



June Newsletter



Important Dates:

June 9th Last Day of School

June 9th Crazy Hair Day

June 14th Flag Day

June 16th Donuts with Dad

June 16th Pajama Day

June 18th Father's Day

June 21st Summer Begins

June 23rd Miss Match Sock Day

**June 23rd Pre K Graduation
Ceremony**

June 30th Sports Team Day

Extra Activities Available in at Caughlin Athletic Club



Dance with Camille Deal

Piano with Lusa Rylski

Tennis with Randy Reynolds

Swim lessons contact Marleen



\$100 OFF Tuition

**Refer a friend to Caughlin Club Kidz and
get a \$100 OFF tuition if they enroll for
three months.**

***Some restrictions may apply. Must be
enrolled at least 3 full days per week for
90 days. Limited to one child per family.
In order to redeem, present to Director.**

Beat the heat and

sun(https://www.cdc.gov/cancer/skin/basic_info/children.htm)

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children(<https://www.cdc.gov/extremeheat/children.html>) up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediate if your child has symptoms of heat-related illness(<https://www.cdc.gov/extremeheat/warning.html>).

Just a few serious sunburns can increase you and your child's risk of skin

cancer(https://www.cdc.gov/cancer/skin/basic_info/what-is-skin-cancer.htm) later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

