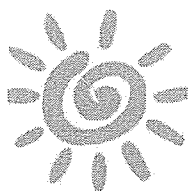




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School Readiness Newsletter



JUNE 2015



HOME — SCHOOL — CONNECTION

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UPCOMING EVENTS

End of the Year Performances
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School District last day of School
June 12, 2015

Flag Day: June 14, 2015

Father's Day: June 21, 2015

Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at www.murrieta.k12.ca.us under Family Services Department



Facts About Sunscreens

If you spend time outdoors during daylight, you need to use sunscreen regardless of skin type, the sun's energy penetrates deeply into the skin and damages DNA of skin cells. This damage may ultimately lead to skin cancer. Children are especially susceptible to the harmful effects of the sun, so take extra steps to protect their skin and to prevent sunburns. Babies younger than 6 months should be kept out of direct sunlight because their skin is even more fragile.

All sunscreens products include an SPF, which stands for Sun Protection Factor. The SPF number is a measurement of the amount of UVB protection—the higher the number, the greater the protection.

To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.

Avoid the sun between 10 a.m. and 4 p.m. Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of time you're outdoors during these peak hours.

Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. Also, consider wearing clothing or outdoor gear specially designed to provide sun protection.

Resource: www.bing.com/health/article

Happy Father's Day

Daddy, I Love You
Author: Unknown

Daddy, I love you for all
that you do.
I'll kiss you and hug you
'cause you love me too.
You feed me and need me to
teach you to play,
I love you on this
Father's Day.



End of the Year Performances

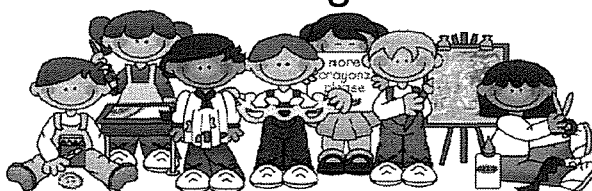
Some School Readiness / Preschool sites have already performed in celebration of the end of the 2014-2015 School Year. Please check with your child's classroom staff regarding the time and date of the performance. Students, staff and parents help make this performance special. You'll want to enjoy every minute of it!

In the Child Development Center, students will
continue to transition to the age appropriate
classroom over the next few weeks.

We appreciate your support.



It takes a big heart



to help shape little minds.

