



Breezy Knoll Child Care Center

311 Stillwater Road

Smithfield, RI 02917

(401) 232-7177

July 2015 Newsletter



Important Dates:

July 3, Fri. Breezy Knoll will be



CLOSED to observe

Independence day

July 9, Thur. In-House Field Trip

Mad Science 10:00

July 28, Tues. In-House Field

Trip Bwana Iguana

Reminders:

- We ask that you bring in for your child a bathing suit, towel, and a change of clothes, suitable for the weather.
- PLEASE LABEL EVERYTHING WITH YOUR CHILD'S NAME!
- **Please note that Breezy Knoll will be closed Friday, July 3, to celebrate the holiday.**
- We suggest that, during outdoor water play, your child wears water shoes. They offer protection from slipping with wet feet and walking on wood chips.
- **Please remember to apply sunscreen and/or insect repellent to your child *before* arriving at Breezy Knoll.**
- **Signing in/out:** Please remember to sign your child in and out each day. It is very important for us to have an accurate record of your child's attendance. Thank you!

Did you know...

The American Academy of Pediatrics suggests milk or water for children instead of juice. If you must give juice only 4 to 6 ounces per day. Also, DCYF mandates no more than 6 ounces of juice per day.

Why Play Outside?

"The average American boy or girl spends as few as 30 minutes in unstructured outdoor play each day. Only 6% of children age nine to 13 play outside on their own in a typical week."; These are frightening statistics shared by Edward Shepard in his article, "8 science-backed reasons for letting your kids play outdoors." Here are two of the eight reasons he cites:

1. Better vision — Multiple studies show that sunshine and the natural light of outdoors lowers the chance of nearsightedness and improves distance vision in children. Kids who spent more time outside had better distance vision than those who prefer indoor activities. A recent study from Ohio State University College of Optometry says that 14 hours a week of outdoor light is effective for better vision.
2. Better resistance to disease — Multiple studies show that playing in the dirt (soil) outdoors helps kids stay healthy. Bacteria, viruses, and other gross things in the soil actually help the immune system and brain develop. Playing in the dirt can also improve a child's mood and reduce anxiety and stress.

From Child Care Exchange

All of our groups are hoping for warmer weather so we can begin water play! Hopefully for the rest of the month the children will be spending a good deal of time getting wet! Also, during the month of July our main focuses and themes that will be aligned with the curriculum are beach, ocean, picnic, ice cream, vacation, etc. If you have any fun items or props that you think would fit into any of these themes for our dramatic play we would greatly appreciate it!

All the staff would like to wish our families a happy and safe Fourth of July!

Happy Summer!

Photo Gallery

