



# Dartmouth College Child Care Center Newsletter

June 2012

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**Office:** Jeff Robbins,  
Sunnie McPhetres,  
Terry Chase, Amy  
Potter

**Floating Assistant  
Teachers:**  
Eileen Ruml  
Gladness Msumanje  
Miranda Arruda  
Terri Crane  
Joel King

**Get Ready To Join Us!!!!**  
**Bring Your Cameras!!**  
**The Bike Parade is Coming!!!!**  
**Thursday, June 28 at 10:00**  
**Rain date: Friday, June 29**

**Kids bring bikes or other wheeled  
vehicles from home and join in  
an all-out celebration of fun!**



## From the Director

Dear Big Jeff,

I've noticed some behavior in the parking lot that I'm not comfortable with and I know you aren't either (I read the newsletter in which you discussed it). I'm very careful that my children stay close to me and on the sidewalk when we are leaving in the afternoon, but I see other children dashing into driveway and engaging in other unsafe behaviors.

Sometimes the parents are right behind the children and sometimes they are chatting and seem oblivious. A couple of times, I've stopped children and sent them back to their parents, but the next night they are at it again. I'm uncomfortable approaching the other parents, but I don't want to just let it go either. What do you suggest?

Signed,

Worried

Dear Worried,

Thanks for worrying with me. There are times that I see a child in the driveway and rocket out the front door to intervene, but there are many more times that I'm not watching. Of course the teachers aren't monitoring the driveway either. Although each parent is responsible for his or her own child after they leave the building, we do share a community responsibility for all children.

Parents of children who have been rescued from an unsafe situation may have a variety of reactions ranging from extraordinarily grateful to downright prickly. In the big picture, it doesn't matter – safety first. When I am apprehending escapees in the multi at the end of the day, I try to say cheerful things to avoid creating defensiveness. I might say, "We were just waiting for you." Or "She got ahead of you this time." To the child I might say something neutral like "Children need an adult with them." or something directive like, "Go back and find your escort." When it appears that an escape was willful and the child doesn't appear to understand the gravity of the situation, sometimes I pull out my Dad voice and say, "Stop right there, young man. Go back to your escort right this minute."

You are welcome to use any of my lines or to invent your own. "I" messages usually work better than "You " messages i.e. "I stopped her before she got to the driveway." Vs. "You weren't watching." If you are not comfortable addressing the situation directly, please alert your child's teacher or anyone in the office.

Appreciatively,

Big Jeff

Dear Big Jeff,

My Grizzly is nearly done with kindergarten and will be in first grade in the fall. What can I do to maintain her academic skills over the summer?

Signed,  
School's out

Dear Out,

My answer is about the same for kindergartners as it is for infants, toddlers and preschoolers. Playing brains are working brains. Playing children are engaged children. Everything you need to know in the early years, you can learn by playing. Here are some suggestions:

Read! Read in the morning, read in the afternoon and read in the evening. Read all kinds of things: picture books, chapter books, road signs, the funnies in the newspaper and more. Wherever you can find print, read it together. Talk about what you read. When you enjoy a book together, talk about the story, the characters and the illustrations. Talk about how the story makes you feel and what it makes you think about. Wonder together how the author thought up the story and why the illustrator chose the techniques s/he did. Make connections between stories and real life events, as well as between one story and another.

Talk! Talk about what you'll have for dinner. Talk about what you did at work today. Ask about your child's day. Tell your child about something in the news. Ask about something in your child's classroom.

Go outside! Walk, run and bike. Explore. Use your muscles. Use your senses. Get wet and dirty. Get warm in the sun and cool in the shade. Notice the world around you. Use your brain and notice the world around you. Use the library; use the internet.

Play! Pretend. Do puzzles. Try a new art project or an old one. Build a fort under the kitchen table. Build with blocks or cans from the kitchen cupboard. When you are playing, your brain is working.

Should you drill your child in academic skills? Probably not, unless your child's teacher has made specific recommendations. You can cover everything your child needs to know in play based interactions. If your child loves to play school and asks for homework, go for it. If your child doesn't want to sit still, they are sending a message that they need to move to learn, at least at that moment. If you are concerned with your child's skill levels or how to keep their brains engaged, ask his/her teacher for suggestions.

But mostly, have fun.

Playfully,  
Big Jeff

## 2012-13 Tuition

You will notice a modest increase in your child care bill in the fall, starting September 1. DCCCC tuition rates have been constant since 2008. Our operating costs will increase in 2012-13 by the amount of salary increases for DCCCC staff spread proportionately over the sliding fee scale. I'll let you know the new rates just as soon as I have them.

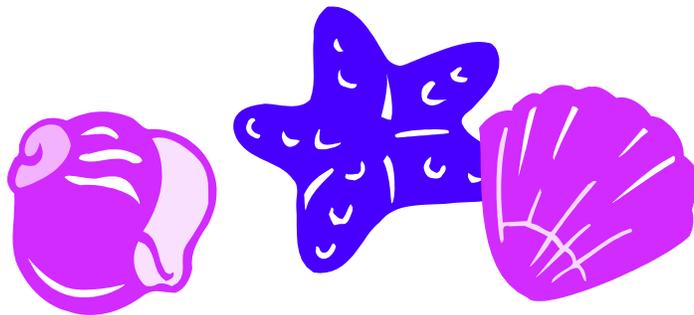
**StoryTime will perform at DCCCC on Wed. June 27 at 4:00.** Rumor has it that James Burger, the Professor of Percussion, will bring his drums. Sunnie, The Projectionist and Big Jeff, The Narrator will be on hand for the easy parts. You are welcome to come and watch with your child or come with your child if it is his/her day off. Better call ahead to make sure the plans haven't changed.



### Funky little cottage for rent in Tenants Harbor, ME.

<http://tenantsharborphotos.shutterfly.com/34>

Make your morning coffee without even getting out of bed - the master bedroom is in the kitchen or vice versa. Sleeps 4-6. In town location, two blocks from the public landing and two miles from the beach. You can walk to the fish market, roller skate to the playground or bike around Donut Point. No housekeeper – you clean your way out. \$400/week, Saturday to Saturday. Available for weeks of July 7, July 14 and August 25. [Jeff.Robbins@Dartmouth.edu](mailto:Jeff.Robbins@Dartmouth.edu)



## **Greetings From Sunnie:**

There has been a great deal of staff achievements going on!

**Congratulations!!!!**

**Look who hit service marks during the past year!**

<b>Amy Potter</b>	<b>10 Years</b>
<b>Wendy Irwin</b>	<b>15 Years</b>
<b>Jennifer Boudro</b>	<b>20 Years</b>
<b>Terry Chase</b>	<b>26+ Years</b>
<b>Jeff Robbins</b>	<b>26+ Years</b>

**More Congratulations!!!!!!**

**Congratulations to Loey Crooks for being named the new Assistant Teacher in the Koala Room!**

**Welcome!!!!**

**Welcome to Joel King! He is the newest member of our team of Floating Assistant Teachers! Stay tuned for more about Joel in the Summer edition of the DCCCC Newsletter!**

# ANNOUNCEMENTS/RESOURCES

## DCCCC Will Be Closed On The Following Days:

- July 4** – Independence Day
- August 27 and 28** – Staff training and preparing for the new year!
- September 3** – Labor Day
- November 22 and 23** – Thanksgiving
- December 24 – January 1, 2013**– Winter Break

Join us!  
Revels North Summer Solstice Celebration

Wednesday, June 20 € 6 pm till dark  
On the Green in Norwich

5:30 pm < drumming (join in!)  
6-7 pm < € create a flying thing crafts € children's  
song and dance shape note singing € morris dancing  
€ Taste of Africa dinner & Revels desserts & drinks  
7 pm < parade € performance € bonfire

Artistic Director Maureen Burford  
Info: [bonna.wieler@valley.net](mailto:bonna.wieler@valley.net), 802-333-3549

**Posting for Student Assistance for your Work Needs Outside of Work:** Did you know that the Student Employment Office can assist you in finding students to help you with any work needs outside of Dartmouth as well? Some examples are babysitting, yard work, moving assistance, tutoring, etc. If you would like to connect with a student in this regard, we will post the ad to our listserv and students will contact you directly. You can fill out the "[Temp Jobs](#)" form located on the SEO website and send it to [Student.Employment.Office@Dartmouth.edu](mailto:Student.Employment.Office@Dartmouth.edu).

## Free Children's Clothing Exchange!!!

DCCCC will be hosting a clothing exchange for children's size clothes. What a fantastic event! Simply drop off your child's outgrown clothing and pick up the sizes they need now! So clean out those closets and dresser drawers and join us for this free event!

Please bring the clothing to the Drop Boxes at each entrance on

**Monday, June 18 and Tuesday, June 19**

Then stop in to shop in the Infant/Toddler hallway

**Wednesday, June 20, Thursday, June 21, and Friday, June 22**

We look forward to seeing you there!  
Happy Shopping!

# FAMILY & COMMUNITY PROGRAMS

## Performances

### 2011 SUMMER CONCERT SERIES

ALL CONCERTS ARE OPEN TO THE PUBLIC & FREE OF CHARGE WITH PLENTY OF PARKING.  
ALCOHOL IS PROHIBITED IN OUR PARKS.

#### LYMAN POINT PARK CONCERTS (167 Maple Street \* White River Jct, VT 05001)

June 22	Dave Keller ~ <i>Soul</i>
June 29	Legendary Strafford Blues Band ~ <i>Blues</i>
July 6	Kerry Rose Band ~ <i>Folk</i>
July 13	Murphy's Blues ~ <i>Blues</i>
July 20	Scharff Brothers Duo ~ <i>Acoustic Rock</i>
July 27	Ragged Glory ~ <i>Neil Young Tribute Band</i>
August 3	Yvonne & The Reverbs ~ <i>Country</i>
August 10	Bow Thayer & Holy Plow ~ <i>Country Folk</i>
August 17	Blab Pipe ~ <i>Hard Rock</i>
August 24	Gumbo Loco ~ <i>Folk</i>



#### QUECHEE GREEN CONCERTS (70 Village Green \* Quechee, VT 05059)

June 23	Michele Fay Band ~ <i>Bluegrass</i>
June 30	Gerry Grimo & East Bay Jazz Ensemble ~ <i>Jazz</i>
July 7	Woodchuck's Revenge ~ <i>Folk</i>
July 14	The Flames ~ <i>Oldies Rock</i>
July 21	Chad Hollister ~ <i>Pop Rock</i>
July 28	JukeJoynt ~ <i>Rock</i>
August 4	John Lackard Blues Band ~ <i>Blues</i>
August 11	Panhandlers ~ <i>Caribbean Steel Drum</i>
August 18	Dan Walker ~ <i>Country Folk</i>
August 25	Charley Orlando ~ <i>Rock</i>



## THE LITTLE RED WAGON PRESENTS *Strega Nona*



This charming musical adaptation of Tomie de Paola's 1976 Caldecott Honor book brings *Strega Nona*, Big Anthony and the magic pasta pot to life. Through song, storytelling and puppetry, we meet Strega Nona, the kind-hearted - grandmother witch, who tells Big Anthony one thing he must not do. But Big Anthony is in big trouble. Will Strega Nona save the day?

Adapted for the stage by Thomas W. Olson  
Lyrics by Roberta Carlson  
Music and additional lyrics by Aron Accurso  
Directed by Carol Jo Fisher

Produced by special arrangement with Plays for Young Audiences AP partnership of Seattle Children's Theatre and Children's Theatre Company-Minneapolis

All Ages Welcome  
Wednesday, July 13  
6:30-7:30 pm  
Hartford High School  
FREE



## **Summer entertainment for you and your children!**

**Free** noon time performances on the Green in South Royalton, VT  
Please join us.

7/10 Marko: Master Magician and Hypnotist

7/17 No Strings Marionette Company

7/24 Tim Jennings Folktales

7/31 Panhandlers Steel Band

Royalton Recreation, Sponsor  
Rain Site, Middle School Gym

**June 21. Town Band Concert in South Royalton:  
7:30-9 p.m., on the green. Concerts on the green every  
Thursday through Aug. 9. Rain location is South  
Royalton School. Free. 802-763-8172.**

**June 24. Ice Cream Sundays at Billings Farm in Woodstock: 10 a.m.-5 p.m.,  
Billings Farm & Museum, Route 12 North and River Road. Celebrate dairy  
month by making and sampling homemade ice cream \$3 to \$12, under 2 free.  
Exhibits open daily. 802-457-2355.**

## **Old Timers' Fair**

The 51<sup>st</sup> Hanover Center Old Timers' Fair will be held on Friday and Saturday June 29<sup>th</sup> and 30<sup>th</sup>, on the Old Parade Ground in Hanover Center, NH. The proceeds from the fair benefit the First Congregational Church of Hanover. Hours are Friday, June 24<sup>th</sup> from 5pm-9pm and Saturday, June 25<sup>th</sup> from 9am-4pm. The fair will feature a book sale, home baked goods, games and all the food and beverages you might expect. For more information call (603)-643-2618

For complete schedule see the poster in the main foyer.



### [Hands On Pianos](#)

July 1-31

Enfield | Fairlee | Hanover | Lebanon | Lyme | Norwich |  
Quechee

Strafford | Thetford | White River Junction

[Video Clip](#)

Whether your specialty is chopsticks or Chopin, you're the keyboard maestro throughout July in the Upper Valley. Kicking off the Hop's 50th Anniversary season, the month long Hands On Pianos installation places donated pianos—colorfully and creatively transformed by Upper Valley artists of all ages—at bus stops, parks, farm stands, general stores and other unexpected places around the region. Whatever your age or skill level, try making music on all 50 pianos—and share your experiences online! To learn more click [here](#)



### [Lunchtime Sing-Alongs](#)

Thursdays | Jul 5, 12, 19 & 26 | 12:30 pm | Dartmouth Green Rain Location: Top of the Hop From your favorite Broadway show tunes to Beatles to pop, come sing with us! Bring your lunch and your friends for a midday musical break. Check the website for each week's theme, or simply stop by the piano at the southwest corner of the green.

# News from Teddy One

Debbie Burnham,  
Lead Teacher

Wendy Irwin,  
Teacher

April Buchanan,  
Assistant Teacher

## A Picture Is Worth A Thousand Words!

Look at our big kids!



## Making new friends!



Spending time in the room!



Spending time with our neighbors from Teddy Too!



**Worn out after a day of play!**



**Fondly,  
Debbie, Wendy and April**

## News from Teddy Too

Radoyka Garcia,  
Lead Teacher

Lori Higgins,  
Teacher

Denise Ayres,  
Assistant Teacher

Hello from Teddy Too's!

Shortly after starting as a Teddy and then returning from a short and restful vacation, I felt really welcomed when I approached the classroom door and the little stares of 'where have you been?' were followed by cute little grins...priceless! I knew then that we're back into the flow of things. I feel very fortunate to have Lori and Denise as my team members as they help these children stay on routines, even when one of us is not around. We have a very happy group!

These babies have grown lots within the last few weeks... some have begun to use silverware, others have gone from bottles to sippy cups, our youngest eats oatmeal with fruit, a few crawlers that dare to walk, and many of our toddlers who will be moving up have been fascinated with sleeping on nap mats! (Nap mats are so popular that they seem to

take a much longer afternoon nap.) It has been quite a success trying new things and I suppose there may be some regression, perhaps during this summer.

However, it's been going very smoothly. Simply incredible milestones have been reached here!

We recently had a spontaneous afternoon visit in the Little Multi when Teddies joined Pandas with Susan, Jenn and Teresa during story time of the "The Itsy Bitsy Spider". We listened to the whole book, then Pandas said their goodbyes and we hung out a bit longer while we danced and tumbled around on the mats and climber. I expect that Teddy Too's will be shy to explore the Panda Room when Pandas are present, so last week we had a small group and while Pandas played outside, a few Teddies willfully walked into their classroom and had a blast! They spent time on their small climber, the play kitchen and climbed right onto the plushy couch to look at books. They peeked out the window and watched the Pandas playing. We didn't want to leave!

I am so thrilled about the progress these Teddies have made in such little time. (A part of me says, "Wait, but they're still so young...let's wait a little longer to try new things!") But then I realize if we don't try now, then we won't know if they're ready. We love to hear from parents when new milestones happen at home... it so helpful for us so that we can continue them here.

Looking forward to the summer months ahead...

Ray and the Teddy Too

# News from the Panda Bears

Susan Young,  
Lead Teacher

Jenn Boudro,  
Teacher

Teresa Hahn  
Assistant Teacher

## A Whole Lot of Gardening Going On!!!



## More Gardening and Fun Outside and In!



## Having Fun With Pandas, Susan, Jenn and Teresa

## News from the Koalas

Terri Hollis,  
Lead Teacher

Bobbie Lynn Stone,  
Teacher

Assistant Teacher

Hello Koala Families,

Where do I start? There is so much going on for the Koala program and your children. The first exciting fact is that we are now a room of all 3 year olds. TADA!!! They are all “big” kids now.

Big kids love to explore and learn about dinosaurs, so that is just what we have been doing. Making volcanoes in the sand box was a hit. We borrowed great books from the Grizzlies that had wonderful colored illustrations so we could all see what many different types of dinosaurs looked like. We uncovered dinosaur bones from under black lava sand. We used dinosaur figures to walk through paint to create interesting pieces of art. Dinosaur stamp art was pretty fun as well. Koalas are now able to do projects that require more than one step before completion. We recently took air dry clay to make imprints of different dinosaur feet that we will later paint. We will also be doing paper machè dinosaur eggs using balloons.

Everyone in the Koala Room is very excited about our new bean tunnel. This will be fun because of its ongoing phases and changes that it will take on for the summer. It will not be a bare pole structure for long. Picture if you will after the Koalas plant the beans, and watch them grow up the poles. It will become a hide-a-way (so they think). It will become a place of amazing imaginary play potential. Not to forget a great provider of impromptu snack times.

Many of the changes that Koalas are experiencing are not all planned out, at least not in the sense that they were a part of it. They are wondering who, what and why as they see soon to be Koala Parents come check the room out. They are sharing their play spaces with visitors from other rooms. They are most certainly picking up murmurs of change that are just around the corner. The summer schedule is always a little different. Families are coming and going on vacation. This makes a once predictable room not always so. A good friend may not be here for a few days. Who else will I choose to play with?

All of these changes are for positive reasons, but a reminder to caregivers that the kiddos may be feeling more emotionally needy. They will look to us to validate how to feel. So remember to be forward with your excitement and enthusiasm. This is where we all were last year. Hopefully you all had the great fortune of realizing there was nothing to worry about because your child had a wonderful year.

Until next time,  
Terri Hollis

## News from the Woolly Bears

Deb Girdwood,  
Lead Teacher

Barb Merchand,  
Teacher

Moya Stevens,  
Assistant Teacher

Hello Woolly Parents,

What wiggles and squiggles and squirms much like the Woollies? **WORMS.** As many of you know we had a family of worms in our classroom and have been learning about composting over the winter into the spring. We have learned many new lessons while taking care of the worms. Our first main lesson was *ALWAYS* microwave of freeze the food before feeding it to the worms. As I wrote in the past, if you place food directly in the worm tray fruit fly larva will hatch, and you will have to make fruit fly traps with apple cider vinegar. Other lessons learned include: some food is composted faster than others. Cucumber, carrots, bread and apple skins disappear faster than apple cores, peach pit or the stem from a pumpkin. Worms like to be kept moist and will hide from the light. Some worms are big, some are medium and some are small. Worms lay eggs. Other bugs live in the soil with the worms. One very exciting discovery was that baby worms can fit in the holes of a peach pit. We learned how to harvest worms so we could start new trays and share worms with DCCCC families who compost at home. We then used the freshly composted soil when planting our meadows.



### Learning Domain Highlight for the month: Science and Technology

Objective 24: Uses scientific inquiry skills.

Objective 25: Demonstrates knowledge of characteristics of living things.

Objective 27: Demonstrates knowledge of Earth's environment



# News from the Polar Bears

Elizabeth Harrington,  
Lead Teacher

Tatyana Bills,  
Teacher

Raquel Fluette,  
Assistant Teacher

Hello Polar Families,

Much to do and so much to see!  
The Polars have been busy  
continuing to maintain and

observe our gardens, celebrating  
many birthdays, taking tours at  
the Woolly Bear dinosaur  
museum, conducting  
experiments and observing  
them (“LOOK MINE IS  
CHANGING COLOR!!”), and  
getting down and dirty with water  
play! We’ve also been taking time  
to walk through nature and use  
our senses to smell, hear, and  
view things that are often  
overlooked, but enjoyed, such as  
observing (and collecting) snails  
moving along a piece of grass,  
collecting beautiful wildflowers in  
a bag to take home, the sound of  
squishing puddle boots in the  
mud, and giant mushrooms  
growing from trees.





Speaking of water play, there is a great deal of clothing choices your child can wear: bathing suits, shorts, underwear and a shirt, and more. Anything that you don't mind your child getting wet and sandy over and over again works wonders. As the temperature increases, there will be more opportunities for this type of play- so keep your eyes peeled on your spare clothes bin!



We will be seeing the summer transition begin as families leave us for vacations, children play with us for less days, or move on to new life experiences (some of us at the end of this month). You might hear from your child that they've been visiting the Grizzlies or you may see a few less familiar children buzzing about the Polar room. Having these great opportunities certainly helps to ease those nervous flutters about the mystery of what's to come: What is the Grizzly Room like? Who from the Koala's will be playing with us soon? Can I still visit you?



But for now, we focus on enjoying all of the wonderful summertime experiences to come as a group- a Polar family! Keep your eyes peeled for some exciting events coming up, such as the Bike Parade, Beach Day, and Lemonade Day!



Keep Smiling,  
Liz and the Polar Bear Team

## **News from the Grizzlies**

Karen Gray,  
Lead Teacher

Kristin Ball Cole,  
Teacher

The countdown to graduating from Kindergarten has begun and it's beginning to feel real to the Grizzlies now! Our summer information packet has been distributed and we have begun talking to the Grizzlies about our all day summer plans which begins on June 20<sup>th</sup>. Sadly, we prepare to say goodbye to several Grizzly friends at the end of this month and the beginning of July: Henry Cotter, Michael Jia, Matthew Jung, Henry Werner and Gabriel Taylor. We hope we will get to keep in touch with them over the summer. We are excited to be welcoming some old preschool friends back to DCCCC including: Sebastian Borsuk, Ava Cook, Angus Frew, Delia Morgan, Beckett Sobel, Mateo Trimble and Milo Connolly-Zebo.

Our garden is underway! Grizzlies have helped to plant beans, carrots, tomatoes, peas, cucumbers, potatoes and sunflowers. We will spend a lot of time in there noticing the changes and growth happening and taking our part in watering and weeding and of course the most exciting part...eating! We have enjoyed reading many gardening books and doing various projects with flowers.

The group continues to fascinate us with their determination, discoveries, curiosity, independence, fun-loving spirit, energy, generosity and pride! We look forward to having more time to spend together during the summer months. We will begin a curriculum on water...animals that live in or near water...water experiments...swimming safety...keeping hydrated and keeping cool during the hot days ahead! We will make some changes in our room and hope to create a new feel for "Summer Camp" versus school (but don't worry, we'll continue to work on the academics throughout the summer too)!

The last few weeks of June will be busy with all of us adjusting to the new schedule, new group dynamics, celebrations, ending the baseball season and topping off the month with two fun events: DCCCC's annual bike parade on June 28<sup>th</sup> and a magic show performance on June 29<sup>th</sup>!

We leave you with this wonderful group photo taken last week. It was our hope to have every Grizzly in it but unfortunately Andrew missed out. Can you believe how big, responsible and mature they have all become? Congratulations to both the Grizzlies and all of you for successfully completing the first year of many in school!



**Pictured in back row left to right:**

**Ryder, Elena, Freddie, Henry W. Gabriel, Matthew T., Michael, Cynthia, Rhea**

**In the front:**

**Katie, Pilar, Henry C., Noah, Matthew J., Ian, Aaron, Nina**

Summertime here we come!

Karen



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

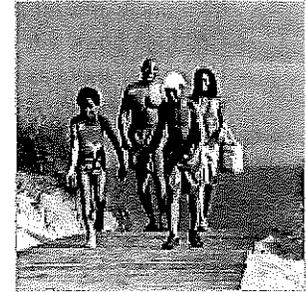
[Healthy Children](#) > [News](#) > Summer Safety Tips - Sun and Water Safety

## News

Like 36

### Summer Safety Tips - Sun and Water Safety

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).



## Fun in the Sun

### Babies under 6 months:

- The two main recommendations from the AAP to prevent **sunburn** are to avoid sun exposure, and to **dress infants** in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of **sunscreen** with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cool compresses to the affected area.

### For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward; sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen -- about one ounce per sitting for a **young adult**.
- Reapply sunscreen every two hours, or after **swimming** or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

## Heat Stress in Exercising Children

- The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- At the beginning of a strenuous **exercise** program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 7 to 14 days to acclimatize to the heat, particularly if it is very humid.
- Before prolonged **physical activity**, children should be well-hydrated and should not feel thirsty. For the first hour of exercise, water alone can be used. Kids should have water or a sports drink always available and drink every 20 minutes while exercising in the heat. Excessively hot and humid environments, more prolonged and strenuous exercise, and copious sweating should be reasons for children to substantially increase their fluid intake. After an hour of exercise, children need to drink a carbohydrate-electrolyte beverage to replace electrolytes lost in sweat and provide **carbohydrates for energy**.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted. Children should seek cooler environments if they feel excessively hot or fatigued.

REVELS NORTH

# SOLSTICE CELEBRATION

WEDNESDAY, JUNE 20 • 6 PM TILL DARK  
On the Green in Norwich



**5:30 pm** — drumming (join in!)

**6-7 pm** — crafts • children's song and dance  
shape note singing • morris dancing • dinner & dessert

**7 pm** — parade • performance • bonfire

Artistic Director Maureen Burford

Info: [bonna.wieler@valley.net](mailto:bonna.wieler@valley.net), 802-333-3549

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.org](http://www.revelsnorth.org)

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