



E-NEWS

The official newsletter of Educare & Excel Preschool



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SAFETY SUMMER TIPS

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HEALTHY SNACKS

Coming from the desk of the owner

Welcome Parents!

Edu Care and Excel are currently using the Procure payment and attendance system. We kindly ask that you download the app on your telephone or desktop devices. This will allow for easier payments and upgrades with daily communications between the staff members and parents. If you need assistance in downloading this app feel free to give us a call we will be more than happy to assist.

For this month, we would like to share helpful safe summer tips for your children. We understand the importance of ensuring their safety and well-being during this time of increased outdoor activities and adventures. These tips will offer valuable insights and suggestions to make their summer experiences enjoyable and secure. We encourage you to review them carefully and implement them as appropriate for your child's need.

At Edu Care and Excel, we believe in embracing the growth process of your child. Life is full of ups and downs, and what truly matters is how we rise after falling. We see mistakes as valuable opportunities for learning, resilience, and personal development. Rest assured, we are committed to guiding and supporting your children as they forge their own path to success.

Embrace your child's growth process!

Warm personal regards,



Tenora Edwards, MS
Owner
Excel, Inc

For questions, please contact

Excel Administrator: Simone
Dean, BA

Educare Administrator:
Auliya Lovas

Keeping Kids Safe and Happy: Essential Summer Tips for Parents

As the summer season kicks in, our daycare center is buzzing with excitement as we prepare to make this summer a memorable and safe one for your little ones. With sunny days and outdoor adventures ahead, it's crucial to keep our children safe and ensure their well-being during this time. In this blog post, we'll share some essential summer safety tips that will help you and your child enjoy a fun-filled and worry-free summer.

Apply Sunscreen:

With the summer heat, it's vital to keep your child properly hydrated. Make sure they drink plenty of fluids throughout the day, especially water. Encourage them to have water breaks regularly, both during outdoor activities and while indoors. Provide refillable water bottles for each child and remind them to drink frequently.

Stay Hydrated:

Protecting your child's delicate skin from the sun's harmful rays is crucial. Apply a broad-spectrum sunscreen with a high SPF rating to your child's exposed skin, including their face, neck, arms, and legs. Teach them about the importance of sunscreen and reapplication, especially after water play or sweating. Additionally, consider providing wide-brimmed hats and sunglasses for added sun protection.

Outdoor Safety Measures:

When engaging in outdoor activities, it's essential to take precautions to ensure the safety of your child. Ensure that your child plays in designated areas, away from roads, driveways, or any potential hazards. Keep an eye on them at all times, and establish clear boundaries and rules to follow. Encourage them to wear appropriate footwear and clothing for their outdoor adventures.

Water Safety:

Swimming and water play are popular summer activities, but it's crucial to prioritize water safety. Never leave your child unattended near water, whether it's a pool, lake, or even a bathtub. Enroll your child in swimming lessons to develop basic water skills and ensure they are comfortable in the water. Additionally, consider installing barriers and safety gates around pools and bodies of water at home.

Bug Bite Prevention:

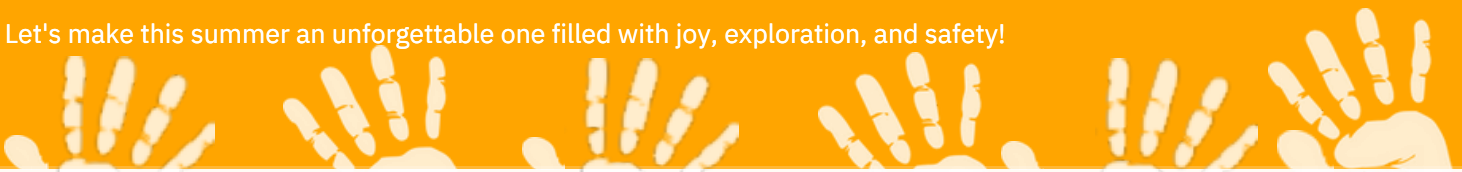
Summer also brings pesky insects, so protect your child from bug bites and stings. Dress your child in lightweight, long-sleeved clothing when appropriate, and apply insect repellent to exposed skin. Teach your child to avoid areas with stagnant water, which are breeding grounds for mosquitoes, and inspect their skin for any signs of bites or stings regularly.

Heat Safety:

Be mindful of heat-related illnesses during hot summer days. Dress your child in light and breathable clothing, and avoid going outside during the peak heat hours. Provide shaded outdoor play areas and ensure they take breaks in cool indoor spaces. Watch for signs of overheating, such as excessive sweating, dizziness, or nausea, and take immediate action if you notice any.

As parents, it's our utmost priority to keep our children safe and happy during summer. By following these essential summer tips, parents can ensure their kids have a memorable and secure summer season. Here at Excell Kids, we are committed to providing a safe environment for children, both within our facility and by sharing these valuable tips with our community.

Let's make this summer an unforgettable one filled with joy, exploration, and safety!





There are so many wonderful stories there! Just ask mommy and daddy to read them with you.

QUICK AND HEALTHY SNACKS FOR KIDS



Kids need to eat a meal or snack every few hours to power them through the day. But snacks aren't a free pass for all- you- can- eat chips and cookies.

Even at snack time, it's important to offer your child a broad variety of healthy food that provides the vitamins and minerals kids need to grow strong and healthy. At every snack, offer choices like vegetables, fruits, legumes, nut butters, whole grain breads and cereals, and low-fat or nonfat dairy for kids over the age of 2.

[Click here to learn more healthy snack options](#)

FOODS THAT MAY CAUSE YOUNG CHILDREN TO CHOKER INCLUDE:

- Whole grapes
- Whole cherry tomatoes
- Nuts and seeds
- Chunks of peanut butter
- Chunks of raw veggies, such as celery or carrots
- Cherries with pits
- Popcorn
- Hard candy and chewing gum

IDEAS FOR HOME

Snow Ice Cream

At Educare & Excel Preschool, we are committed to providing the best possible nutrition to you and your family. We hope you enjoy the following recipe:

[Click here for recipe](#)



Gross Motor Letter Hop

From learning letters to learning how to spell your name, this gross motor letter hop activity is sure to get kids moving and learning.

[Click here for information](#)





IMPORTANT DATES

Martin Luther King Day: January 16

Presidents Day: February 20

Good Friday: April 07

Memorial Day: May 29

Professional Development Day: June 02

July 4th- Closed July 5th

Professional Development Day: August 21

Labor Day: September 04

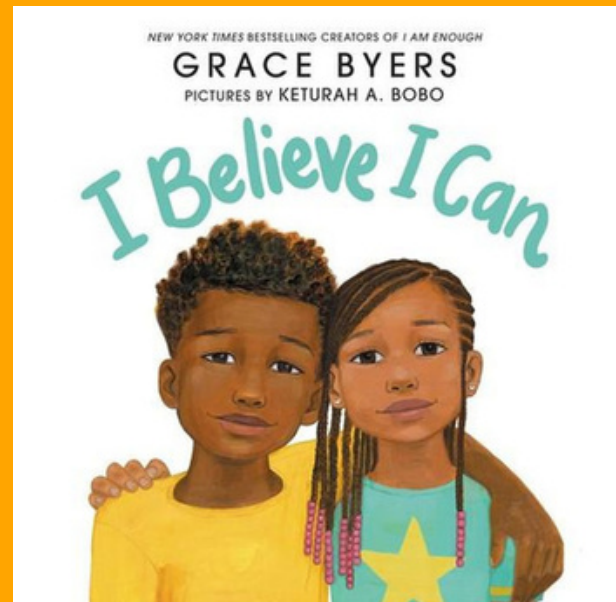
Thanksgiving and The Day After: November 23 and 24

Last week in December: December 25 (Re-open January 02, 2024)

PAYMENT REMINDER: PROCARE

Please make sure all payments and co-payments are made a week in ADVANCE every Friday to avoid late fees. You must be registered on our Procure app .

Please find additional information on Procure [here](#)



Book Recommendation

I Am Enough by Grace Byers is celebrates every child's limitless potential.

I Believe I Can is an affirmation for boys and girls of every background to love and believe in themselves.

[Listen here](#)

