

# UCP Early Learning Center

June 2018



## GRADUATION

Preschool Graduation was a huge success! Thank you to all of the families who were able to attend. This year we celebrate 10 preschool graduates, many of who have been in the ELC since infancy! As summer begins we will start to say goodbye and good luck to many of our graduates as they enter summer programs in preparation for kindergarten enrollment.

**Good luck graduates– we know your curiosity and love of learning will bring you great success!**



# Health and Safety Spotlight: Sun Safety



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



## Limit the SUN, not the fun!

## Be "SUNWISE!"

- A hat with a wide brim offers better protection for your scalp, ears, face and the back of your neck than a baseball cap or visor.
- Remember to protect lips with SPF 15+ lip balm.

**Wear a Wide-Brimmed Hat and Lip Balm!**



- Sunglasses reduce sun exposure that can damage your eyes and lead to cataracts
- Check the label and choose sunglasses that block at least 90% of UVA and UVB rays.

**Wear Sunglasses!**



- Limit your outdoor activities when the UV rays are strongest and most damaging (10 a.m. to 4 p.m.).
- Remember: Look for your shadow—If no shadow, seek cover!

**Limit time in the MIDDAY SUN!**



- Wear light & loose long sleeves and pants if possible to protect your skin when playing or working outdoors in summer months.
- Fabric with a tight weave provide the most protection.
- Cover up & avoid sun burns & sun tans.

**Cover UP!**



- Find something fun that does not involve exposure to direct sun.
- Take cover under a ramada, an umbrella, a shady tree, or find an indoor activity inside a gym, library or classroom during peak UV.

**Take cover!**



- These artificial sources of UV light can cause as much damage as the sun's UV rays.
- Remember, there is no such thing as a safe tan.
- To get a tan, skin damage has to occur!

**Avoid sun lamps & tanning booths!**



- Even on cloudy days, the sun's rays can damage your skin.
- Wear sunscreen with an SPF of 15 or higher.
- Apply 10 minutes before going outside; reapply every 2 ½ hours or sooner if perspiring or engaging in water activities.
- Wearing sunscreen every day is as important as brushing your teeth!

**Use Sunscreen every day!**



- Did you know you can check the intensity of the sun's rays every day?
- The ultraviolet (UV) index is a way of measuring the sun's intensity.
- The scale is from 1 to 10. The higher the UV, the more careful you should be. A UV rating of 10 requires more protection than a rating of 1.
- Click on [www.azdhs.gov/phs/sunwise](http://www.azdhs.gov/phs/sunwise)

**Check the daily UV Index!**



Get FREE SunWise activities and UV information and materials at: [www.azdhs.gov/phs/sunwise](http://www.azdhs.gov/phs/sunwise)  
Contact the SunWise program at: [SunWise@azdhs.gov](mailto:SunWise@azdhs.gov) or call 602.364.3143, to learn more about SunWise.

This publication is supported by a Preventative Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC). Its contents do not necessarily represent the views of the CDC. If you need this publication in alternative format, please contact the ADHS Public Information Office at 602.230.5901 or 1.800.367.8939 (State TDD/TYY Relay).

## DONUTS FOR DAD

Friday June 15, 2018 we will be providing doughnuts for all dads dropping off between 7:30-8:30 am.

Just a sweet treat to say Happy Fathers Day!



## Annual Enrollment Process

Each year the ELC is required to collect updated child information to ensure that we have the most current information about your child. To assist in this process, we are implementing a new system for annual enrollment.

The New Annual Enrollment Process is as follows:

- 1) Collect enrollment packet—Available via email or paper copy ***June 8th***
- 2) Completely fill out enrollment packet, collect all required forms
- 3) Turn in completed packet during annual enrollment window
- 4) Packets will be reviewed for completeness upon return

The Annual Enrollment Window will be open:

***Wednesday, June 20th 8:00 am – 5:30 pm\****

***Thursday June 21st 8:00 am-5:30 pm\****

\*Space will be provided these days for families who need to fill out packets onsite.

Please plan enough time for paperwork review during enrollment window.

Only complete packets will be accepted.

**All families must complete annual enrollment**