New Summer Schedules

Please be aware that our summer schedules change for the late summer (Aug 20-24), and early Fall (9/4-21) sessions. During these date blocks, our programs are combined by age group. Drop-in care may be harder to get, as these combined programs are fuller across the day.

CCDC Closure...

From August 27th through Sept 3rd, we will be closed, with no care available during these dates. We will be preparing for Fall Term and conducting annual staff development training and on Monday, September 3rd, we will be closed in observance of Labor Day.

As we are closed 8/27-9/3, please make other arrangements for care, as needed. A list of our student staff willing to baby sit during the summer months is available to view at the front desk.

and Schedule Changes.

Schedule changes during the term are due in the office by the end of the month prior to when the changes are to take effect. Thus, to change your summer September 4-21 child care schedule, you need to submit your written request to the office by Aug 30th.

In addition, Fall Term written schedules changes are also due August 30th.

A written change means a pink schedule change form from the office, or an e-mail identifying your previous schedule and the new schedule requested.

You are invited to our next Parent Council Meeting
Tuesday, August 7th, 5:30p-7:30p

Meet and Greet the new ASUO President, Emily McClain

The agenda is as follows…
5:00-5:30, tour of center with Dennis and co-chairs of the Moss St. Parent Council
5:30-6:30, open meeting with Emily
6:30-7:30, short parent meeting

As always, dinner and child care are provided free of charge. We just need you to call ahead, if possible, to reserve space.

Fall Enrollment Packets Sent!

Fall Term enrollment packets have been put in parent boxes or mailed. If you have not received the large manila envelope (confirmation of hours, blue enrollment forms, etc), please let us know and we will duplicate the packet for you. Read all packet information, complete forms and return to the office by Monday, August 15th.

Fall Spaces are Full

Good News! We are filled to the brim in most programs for almost all time periods, making staffing and budget goals easier to accomplish.

Not so good news: Spaces are very limited and some of you are still on the waiting list for more hours.

This is a good reason for getting any schedule changes into the office as soon as you know to allow movement and hopefully remove some children from the waiting list.
There is, in mainstream American, the interesting and surprising phenomena called “the summer time blues”. Though we spend months in the grey winter and spring of the Willamette Valley longing for sunshine, when we get too much of it, upsets can follow. For some children behavioral “meltdowns”-be they tantrums or periods of whining-can increase during the long hot days of summer. It manifests in some children in various expression of, “I’m bored, there is nothing to do.”

Some of that perception of “nothing to do” is real, especially for school age children who have many more hours of less structured time than they experience in the school year. Some of it is an expression of more time spent outside, sometimes engaged in a smaller repertoire of activities. In this latter situation, there is not quite “nothing to do”, there just may be a shorter list of options.

Another factor leading to the summer time blues is the simple fact that summer days are longer. We are less likely to head indoors on a summer evening and begin to do quieter activities and head towards bed. Many adults and children sleep less in the summer, too, as later sunsets and hot evenings can make it harder to get to sleep, while earlier day light in the morning often results in kids and some grown-ups waking earlier.

Responding to and preventing this tiredness can be the first step in curing the summertime blues. Getting to bed earlier and encouraging them to stay in bed after the sun comes up can be simpler to accomplish just by covering bedroom windows with thicker fabric. A bed sheet can be immediately called into service as temporary, seasonal “black out” curtains.

Hot days can be managed in part by opening windows and doors in the cool of the night and leaving as many as possible open all night can create a “night flush” effect that cools a home or a child care center. Then closing doors and windows through the day helps keep cool air in and hot air out. Sometimes, people will open a window to cool off on a hot day only to end up letting warm air into a cooler interior space.

Ceiling fans and strategies to encourage “night flush” were carefully engineered aspects of the design of our child care building. We open the high windows when we leave each evening and overnight temperatures in the 50’s or 60’s cool the building. When we shut the windows again in the morning we retain some of that coolness. This helps our heat pump cooling system work more efficiently. Fans can make one feel up to 15 degrees cooler. This is called wind chill when it is cold outside and comforting when it is a bit too warm.

Getting exercise during the day also helps all of to get enough sleep. A tired body is simply more ready to fall asleep. At the center we try to get kids outside every day, and on hot days we do that earlier in the day. A nap is also a proven way to get enough sleep. Many cultures recognized that a “siesta” or other patterns of creating quite time in the afternoon were effective strategies for establishing healthy awake and sleep rhythms for humans.

Drinking plenty of water is also a key to surviving summer. Water both in and outside the body helps children and adults alike to “chill out”. Drinking plenty of fluids, especially good plain water is vital to staying comfortable and cool on hot days. In Eugene, we are blessed with outstanding tap water making purchasing bottled water unnecessary. If you want to take water with you, an inexpensive refillable water bottle is a much more effective option than is bottled water. Recent studies show it’s often purer water. Kids love having their own water bottle to use.

Being in the water is a way to turn summer blues into summer bliss. On the weekend you might want to head for the coast or a mountain stream. It might be an evening picnic at a nearby reservoir or stream or river bank. The public swimming pools are another option. If you are staying close to home on a hot evening, a sprinkler can cool the house and yard, and is a great way for adults and kids to get wet. For the more adventurous, the UO Outdoor Program and the City of Eugene sponsor various float trips that are appropriate for families.

So put your feet up in a yard chair or lay in a hammock, sipping a cold glass of ice water, perhaps with a sprig of mint or slice of lime added, while the kids play and laugh in the water nearby and enjoy. Better yet, join them in the water.
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<tr>
<th>Date</th>
<th>Mon</th>
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<th>Wed</th>
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<tbody>
<tr>
<td>July</td>
<td>3 Cheese Pizzas</td>
<td>(Reding, Quail, Jay,</td>
<td>*Turkey/Cheese</td>
<td>*Apple-Tuna Salad</td>
<td>*Turkey Hotdogs</td>
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<td>30-Aug 3</td>
<td>Veggie-Toppings</td>
<td>Mallard, Robin)</td>
<td>Focaccia Bread</td>
<td>Rolls</td>
<td>with buns</td>
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<td>Aug 13-17</td>
<td>Fruit</td>
<td>P.B.J. Sandwiches</td>
<td>Assorted Veggies</td>
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<td>Pickles</td>
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<td></td>
<td>Milk</td>
<td>(Finch, Swallow, Chickadee,</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Carrots</td>
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<td>Aug 13th</td>
<td>Cheese Sandwiches</td>
<td>Ellies)</td>
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<td><strong>Aug 13th</strong></td>
<td><strong>Fall Term enrollment forms due</strong></td>
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<td>Aug 6-10</td>
<td>Hummus</td>
<td>*Turkey-Cheddar Bagels</td>
<td>Cheese Sandwiches</td>
<td>(0-6 &amp; Ellies)</td>
<td>Pasta Salad with</td>
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<td>Aug 20-24</td>
<td>Crackers</td>
<td>Tomatoes</td>
<td>Tomato Soup</td>
<td>Burritos</td>
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<td>Cheese Sticks</td>
<td>Lettuce</td>
<td>Pickles/Carrots</td>
<td>Corn/Olives</td>
<td>Mixed Vegetables</td>
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<td><strong>CCDC Closed</strong></td>
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*Vegetarian Option Available*
Kids 'n' Kin Family Friendly Activities

Eugene Public Library and City of Eugene:
http://www.ci.eugene.or.us/Library/

Family Music Time
For all ages.
All Saturdays 10:15am  Downtown

Teddy Bear Picnic
Saturday, August 4, 11:00 - 12:00, Amazon Center, 2700 Hilyard. Eugene Public Library invites young kids and their families to bring snacks or a picnic lunch and enjoy live music and fun with the McCornack’s Garden Variety Band. Bring your teddy bear or favorite stuffed friend! Free. Drop in!

To the Rescue
Wednesday, August 1, 2:00, Sheldon Branch
Friday, August 3, 2:00, Downtown Library
Meet City of Eugene emergency workers and find out what they do when a 911 call comes in. See life-saving medical equipment up close. Learn about bike and water safety too. For kids grades 1 - 6. Free tickets available at 1:30 at all locations.

Amazon Swimming Pool
June 18th-Aug 31st
M-F  11:30a-1p
M-Th  5:30-6:30p

Saturday Market
10am-5pm, Eugene Downtown, 8th Ave and Oak.

U of O Outdoor Program:
Contact Information: 346-3730
Oregon Coast & Redwoods Trip
Depart: Saturday, August 18, 8:30 am: OP Barn
Return: Monday, August 20, evening: OP Barn
Pre trip meeting: Wednesday, August 15, 5:30 pm: OP Office
Cost: van cost approx $30-40 per person/child, camping $10 per person/child, wildlife safari = $10 per person/child (group of 15 or more) plus food.

U of O Family Recreation Program:
http://pars.uoregon.edu
June 24 to August 19 - Monday thru Friday from 6:30am to 8pm
The following facilities ARE AVAILABLE (subject to rental schedule):

- SRC court #4 and #5
- Racquetball/Squash Courts
- Covered Tennis Courts
- Multipurpose Rooms #1 and #2
- South Lounge