

The Grapevine

5 Easy Ways to Start Summer Reading

1. Read to Them This Summer

Reading aloud to your child is the most important thing you can do to help them become successful readers. Give your story times a selection of books to choose from. Be constant and patient, then observe the magic happen.

2. Have a Summer Topic a Day or Week

Getting your students to read during the summer is easier said than done. The simplest way to manage what your kids read is to assign one topic every day. Staying academically motivated and critically thinking may be achieved by devoting 10-15 minutes daily to one subject.

3. Take Trips to the Library This Summer

Making a trip to the public library is always fun. Encouraging your child to go to the library and find some summer reading material that's fun and interesting for them will always lead to them wanting to read more.

4. Give Them a Diary to Write In

The one thing more challenging than getting students to read may be getting students to write. Give your kids a diary at the start of the summer and ask them to use them as their diaries, writing down their thoughts, what they did that day or anything else they want. They will learn to communicate their emotions and sentiments in a safe environment, which will aid in their development of social-emotional skills.

5. Bake or Cook all Summer Long

Skills used in the kitchen check off all of the boxes. When cooking or baking, kids need to read a recipe, apply arithmetic to combine the components, learn about food safety, and engage directly with science.

Your children may even learn about a different cultures if you select cuisine from that particular area. Plus, kids who learn to cook benefit in other ways, too, as they are more likely to eat healthily and live healthier lives.

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TIPS FOR HAVING THE PERFECT BEACH DAY

EVERYONE LOVES A VACATION IN PARADISE WHICH USUALLY INVOLVES SUNBATHING ON THE BEACH AND TAKING A DIP IN THE WATER. BE SURE TO AVOID PUTTING YOURSELF (AND OTHERS) IN DANGER BY FOLLOWING THESE SIMPLE TIPS WHEN HEADING TO THE BEACH:

ASK A LIFEGUARD & STAY CLOSE-Choose beaches with lifeguards and don't be afraid to approach them to ask about water conditions or weather for your day. It's better to be informed and prepared for a fun day in the sun. Also, consider picnicking on the beach next to a lifeguard tower. They're keeping watch over the action and will help keep your family safe.

DON'T SWIM ALONE-It's always safer (and more fun!) to stay in groups and this applies to swimming at the beach too. No matter how good of a swimmer you are it's important to apply the buddy system for beach safety.

WATCH FOR FLAGS & SIGNS (& KNOW WHAT THEY MEAN)-When going to any beach it's important to know what the colors mean on signage or flags posted. Knowing their meaning helps keep your family out of danger and makes for a fun, safe vacation. Here are the sign/flag colors you should know:

- Green = Safe. Ocean is calm and clear for swimmers.
- Yellow = Caution. Indicates moderate surf and ocean currents.
- Red = High hazard/Dangerous. Indicates strong ocean currents.
- Blue/Purple = Not as common but these colors normally indicate potentially dangerous marine life like jellyfish.

SUN PROTECTION-It's important to be prepared for a day in the sun by applying sunblock with the right amount of SPF (sun protection factor). We suggest not going lower than 30 SPF, or for sensitive skin, 50 SPF. If you plan to go in the water, be sure the sunscreen you're applying is water resistant and reapply every couple hours.

STAY HYDRATED-Anytime you're in the sun for an extended amount of time it's important to keep your body hydrated. It's easy to forget when you're in and out of the water but your body loses essential salts and water when sweating and using energy. The key to preventing dehydration is simple: drink plenty of fluids, including sports drinks that restore your body's salt and electrolytes. Another fun tip is packing your cooler with fruit like watermelon or grapes that have a high liquid content. This is an easy, sweet way to keep the whole family safe and satisfied.

BEACH BASICS-Proper attire is the key to a stress free beach trip. Bring appropriate footwear for hot sand or visiting beaches with wet rocks.



Arkansas Children Week
Hope Head Start



Arkansas Children Week
Bradley Head Start



Summer-Time Food Safety Tips

Did you know that you are more likely to get food poisoning (foodborne illness) during the summer months than any other time through the year? Do you know why? According to the USDA, bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm, humid summer months. Given the right environment, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Second, outside activities increase. More people are cooking outside at picnics, barbecues, and on camping trips. The safety controls that a kitchen provides — thermostat-controlled cooking, refrigeration, and washing facilities — are usually not available. Here are four simple steps to safer food in the summertime.

- ♦ **Clean:** *Wash Hands and Surfaces Often.* Unwashed hands are a prime cause of foodborne illness. Wash your hands with warm, soapy water before handling food and after using the bathroom, changing diapers, and handling pets. When eating away from home, find out if there's a source of safe water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.
- ♦ **Separate:** *Don't Cross-Contaminate.* Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. When packing the cooler for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.
- ♦ **Cook:** *Cook to Safe Temperatures.* Take your food thermometer with you. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer to make sure they have reached the correct internal temperature.
- ♦ **Chill:** *Refrigerate Promptly.* Holding food at an unsafe temperature is a prime cause of foodborne illness. Cold, perishable food like lunch meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible. Food left out of refrigeration for more than two hours may not be safe to eat. When the temperature is above 90 °F (32 °C), food should not be left out for more than one hour.





WEST WOODS BUS SAFETY



West Woods Playground Fun



FUN





Pool Safety Tips

Having a pool, pond, spa, or hot tub on your property is a huge responsibility when it comes to safety. Drowning can happen in seconds to minutes, is often completely silent, and is a leading cause of death in children and teens. Use these layers of protection to keep kids safe in and around in water. You never know which one will save a life.

Assign a Water Watcher

There should always be an adult water watcher while children are in and around a pool or any body of water. The water watcher should be within an arm's length of young children and beginner swimmers. They should always keep their eyes on kids who are in the water, even older children who can swim. The water watcher should not use a cellphone, socialize, drink alcohol, or do anything else that might be a distraction. At a party, have adults take turns as water watcher. Even if a lifeguard is on duty, a water watcher also should watch kids.

Use Fences/Alarms/Covers

All pools (including above-ground pools) and hot tubs should have a fence around them with a self-closing, locked gate. Add even more protection with door and window alarms that chime when opened to alert a parent that a child is going outside and pool alarms that go off when someone enters the pool.

Have Kids Take Swim Lessons

Schedule swimming lessons for kids when they're at least 1 year old. Swim lessons do not replace the need for a water watcher, but learning to swim makes drowning less likely. Check with your local recreation centers or search the Red Cross website for classes taught by a qualified instructor. Ask about free or reduced rate lessons. If you don't know how to swim, consider taking lessons too.

Learn CPR

Every parent should know how and when to do CPR. It brings blood to the heart, brain, and other organs and starts breathing until health care providers can give the person advanced life support. Done correctly, CPR can save a person's life.

Make Sure Everyone Follows the Pool Rules

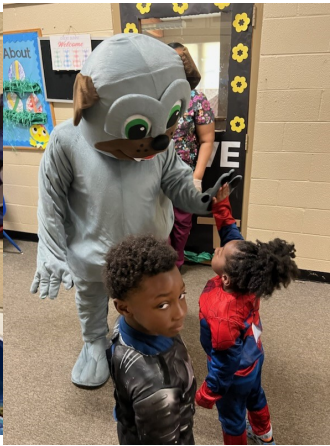
Teach your kids and all caregivers these pool rules:

- Do not run around the pool.
- No pushing or dunking in the pool.
- Never dive from the side of the pool or a diving board unless a pool is at least 9 feet deep. If the depth isn't posted, don't dive!
- Get out of the pool right away in bad weather, especially if there's lightning.

Also:

- Do not let kids use mermaid tails or fins in the pool. They can make it hard to swim and lead to drowning.
- Floaties do not prevent drowning. Kids who wear them still need the same supervision as those without them.

Set a good example on how to use a pool safely. Follow all safety rules and don't use alcohol or drugs while in or around a pool.



Fairview Parent Meeting & Arkansas Children Week



West Woods Staff Appreciation



Thank You



How to Stay Safe at the Airport

Passengers at airports can be targets for criminals and terrorists. Airports are hotspots for pickpockets and theft. That's why it's important to be hyper-aware of your surroundings when moving through an airport.

Follow these tips to travel safer before takeoff and after landing.

1) Do Your Homework: Corruption is a problem among some customs and airport security officials. If you're travelling to a country for the first time, it's advisable to research what customs, duties and fees are applicable to your specific airport. Not knowing could result in you paying hefty fines for lacking proper documentation or not following certain rules. If you're familiar with the actual duties and fees, you can challenge requests for a fine or submit documents accordingly.

2) Hide Luggage Tags: Luggage tags are a useful accessory to identify your luggage. But they can also make you vulnerable to theft and robbery. When at the airport, keep your luggage address tags covered or omit your address altogether. Burglars often hang around airports checking addresses to locate empty homes.

3) Don't Use Ride Sharing: When you disembark, you're most likely exhausted and tempted to jump in the next available taxi or rideshare. But travelling with strangers can put you at risk. Ask a friend or family member to pick you up.

4) Get Travel Insurance: You spent a lot of time and effort planning your perfect trip, but you may have overlooked the importance of travel insurance. Although insurance can't prevent misfortunes, it can compensate you in certain situations, such as:

- Loss or theft of your luggage, passport, travel documents or traveler's cheques
- Credit card fraud and replacement.
- Cancellation fees and lost deposits for prepaid travel arrangements
- Unforeseen accommodation and food expenses because of flight delays of more than six hours
- Overseas emergency medical assistance.
- Permanent injury or accidental death.

5) Don't Befriend Just Anyone: When travelling alone, it's common to get bored at the airport. You may find a few people to talk to, to pass the time. But trusting them too quickly can land you in trouble as they may have bad intentions. Don't tell anyone where you're going, your vacation plans or where you live. Also, don't leave your personal belongings or valuables for them to watch when you go to the restroom.

6) Be Aware of Suspicious Activity: Stay vigilant at the airport to not only spot security threats but prevent them. Report anything that could indicate terrorism or terrorism-related crime to airport authorities. This could include unusual behavior, packages left unattended, open doors that are normally closed or anyone taking photographs while hiding their camera.

7) Pack Essentials and Valuables in Your Carry-On Bag: To ensure the safekeeping of your electronics, wallet, medications, valuables and other travel essentials you'll need access to during your flight, pack them in your carry-on luggage. But make sure you keep an eye on your bag queued for a security check. Being inattentive can result in you becoming a victim of theft. Although airport surveillance cameras can help you detect your bag, the hassle can ruin your trip.

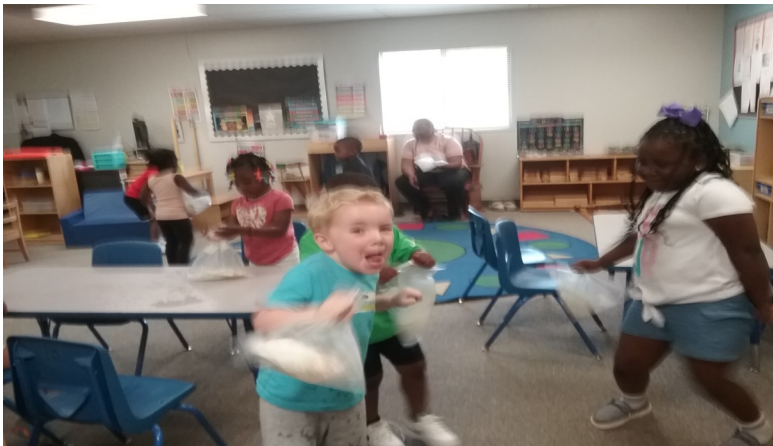
8) Avoid Carrying Large Amounts of Cash: Although there are no limits to how much cash you can bring, better safe than sorry.

9) Maintain Your Hygiene: Apart from frequent hand washing, maintaining good respiratory hygiene and practicing social distancing, you should also avoid high-touch items such as railings, handles and security bins. If you have to touch them, use hand sanitizer immediately afterwards and avoid touching your eyes, nose and mouth.

Being vigilant and responsible is the key to a safe travel plan. Booking an airport limo instead of sharing cabs, getting travel insurance and hiding luggage tags will help you, but try to protect others, keep problems at bay and prevent luggage theft. So, next time you go to the airport, make sure you follow these airport safety tips to enjoy a wonderful trip.



Magnolia ABC
Ice Cream with the Cop



Delicious





Hydration Tips For This Summer

Often, we think hydrating adequately is really difficult, but it may be easier than you think! Instead of carrying a gallon of water around with you all day, consider these hydration tips to help you function and feel your best!

- 1. Set out a glass of water to drink first thing in the morning:** When you wake up, your body has gone hours without any fluids being replenished. Starting the day with a glass of water will support your body's functioning throughout the day and get you started on the right track to keep your water levels balanced.
- 2. Set a goal for yourself:** If you're someone who's driven by goals or checklists, add drinking water to your list! This will help you stay motivated throughout the day and give you a target of how much you should be drinking. If you don't know how many ounces are in your cup, set a goal for a certain amount of cups throughout the day.
- 3. Eat fruits and vegetables:** Fruits and vegetables have a high water content. During the summer, if you're spending a lot of time outside, make sure to pack a snack full of fruits and vegetables to help you achieve your water consumption goals. Some good ideas are cucumbers, grapes, watermelon, and strawberries!
- 4. Find a sugar-free flavor:** There are so many options of naturally enhanced flavored water or flavor additives. Having flavor in your water can make it more interesting if you seem to get bored throughout the day of drinking the same thing.
- 5. Add fruits and vegetables to your water:** If you don't like artificial flavors or want something lighter, add real fruits and vegetables to your water! We recommend combinations like cucumber and mint, lemon and lime, strawberry and orange, strawberry and basil, and so many more!
- 6. Utilize electrolytes:** To help further support your body, make sure you add electrolytes to some of your water throughout the day. If you drink too much water, you'll lose too much sodium with it, and that's also harmful for your body. There are plenty of electrolyte options out there, but make sure they're low in sugar. Options like Gatorade may have too much sugar or food coloring for it to be the best option for you. We recommend speaking with a healthcare provider to discuss your activity levels and diet to determine what might be the best electrolyte solution for you!
- 7. Get a fancy water bottle:** While it may seem silly, sometimes having a water bottle or thermos that you love and bring with you everywhere can be a big help in motivating you to reach your water goals. A bottle that requires you to screw off a lid may just mean you don't drink as much without really thinking about it. Find what type of cup works best for you and bring it with you everywhere!





Arkansas Head Start Association Institution





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We believe that from birth, all children need early child development experiences that support their unique characteristics and provide love, warmth, and positive learning experiences.

All families need encouragement and support from their community to achieve their own goals and provide a safe and nurturing environment for their young children.



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