

What's Up?

JCCDC Newsletter for Parents, Providers, Community Partners & Staff

JULY

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EMPLOYEES
OF THE
YEAR

- 7/1 International Joke Day
- 7/4 Independence Day
- 7/7 Tell the Truth Day
- 7/17 National Hot Dog Day
- 7/30 Share a Hug Day

AUGUST

- 8/4 National Friendship Day
- 8/10 National Lazy Day
- 8/17 National Non-Profit Day
- 8/19 World Humanitarian Day
- 8/24 Kobe Bryant Day



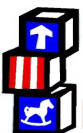
Ana Arvelo
FE Specialist



Latausha Holifield
Health & Safety Specialist

HAPPY BIRTHDAY!

- 7/15 **Leona Brackett, Teacher**
- 7/21 **Zakeeya Miller, Provider**
- 7/25 **Melanie Washington, Ed Specialist**
- 8/3 **Dr. Earlene Reynolds, ED**
- 8/26 **Tena Sales, HS/EHS Director**



Vegetable Frittata

Submitted by Stella Baskin, Nutrition Coordinator

These individual frittatas are baked in muffin pans to create the perfect sized casserole for kids! Vegetables such as mushrooms, onions, peppers and spinach add lots of color and flavor!



Ingredients

12 ounces	Fresh mushrooms, coarsely chopped
12 ounces	Fresh onions, diced
20 ounces	Fresh red bell peppers. Diced
4 teaspoons	kosher salt
2 teaspoons	ground black pepper
12 ounces	Fresh spinach, coarsely chopped
12 ounces	Low-fat cheddar cheese, shredded
2 cups	Skim milk
4 pounds	Egg whites
14 ounces	Whole-wheat flour

Instructions

1. In a large stock pot, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Saute uncovered over medium-high heat for 2 minutes.
2. Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted.
3. Pour 2 qt 2 cups (about 2 lb 1½ oz) vegetable mixture into a steam table pan (12" x 20" x 2½").
4. Cover and refrigerate at 40 °F for 30 minutes.
5. After cooled, sprinkle 1½ cups (about 6 oz) cheese over each pan. Stir well.
6. Heavily coat a muffin pan (20½" x 14") with pan release spray. Using a No. 24 scoop, portion 2 Tbsp (about 1 oz) vegetable mixture into each muffin cup (24 cups per pan). Set aside for step 8.
7. Combine milk, eggs, and flour in a large bowl. Stir well. Set aside for step 8.
8. Using a No. 16 scoop, portion ¼ cup 1 Tbsp (about 1⅔ oz) egg mixture on top of vegetable mixture in each muffin cup.
9. Bake until golden brown and eggs are slightly firm: Conventional oven: 350 °F for 30 minutes. Convection oven: 350 °F for 20 minutes.
10. Serve 1 frittata muffin.

Nutrition Facts per Serving (1muffin)

Calories: 77 kcal | Fat: 1 g | Saturated fat: 1 g | Cholesterol: 4 mg | Sodium: 303 mg | Carbohydrates: 9 g | Fiber: 1 g | Sugar: 1 g | Protein: 8 g | Calcium: 840 mg

A Parent's Guide to Preparing for Kindergarten

LOVE JOY 23-24

When you look up the word “parenting” in the dictionary, “planning” should definitely be in the definition. As parents we plan for everything – dinners, play dates, birthday parties and what to bring when we leave the house with the kids. But planning for kindergarten somehow isn’t always on our radar.

So here are some things to check out before your child’s big day:

Take the tour.

You may not think kindergarten would be that complicated to figure out. Typically, you can tour the school before the prior school year ends in May or a week before the new school year starts..

Ask the simple but important questions.

You and your child can be much more prepared for the day-to-day realities of kindergarten by knowing some basic things about your school’s policies and procedures. Things like:

- Where do kids get dropped off/picked up, and how does that process work? Do you have to walk them in and stay until school starts or do they stay in a designated space with an on-duty teacher or attendant?
- What is the basic daily schedule for the kids? It is good to know the schedule and start them on it before the first day. Remember, most schools don’t have a nap time!
- How does the school handle discipline? This will be different for each teacher but usually the school has a basic framework to follow. It’s helpful to get to know the terms they use for discipline so you can start using them ahead of time.

Look at the school schedule for the year.

Each district posts a calendar of early release and recess days. It is good to have this ahead of time so you don’t get caught unprepared.

Consider the costs.

Check the costs of childcare before and after school. This is not usually handled through the school itself, so it is important to check out your options in advance. A few more other things to ask about are the costs are lunches, school supplies (ask how many times of year these are requested), field trips, fundraisers (they’re almost constant) and don’t forget about summer camp!

Help your child be prepared.

In addition to getting yourself organized, it’s important to talk with your child about what to expect on the first day. First Things First’s New Parent Guide offers some great tips on preparing your child for that first day. With a little planning for kindergarten, you’ll both be ready.





A Note from the Director

Tena Sales

Fun Summer Activities for Kids and Parents

Submitted by Phillip Merriweather

As a parent, you want to help your child make the most of the long days, sunshine and outdoor activities that summer brings. But when the temperatures rise, your kids can get sick if they are too hot and not drinking enough water.

1. Hydrate

2. Create a cool indoor environment.

If you don't have air conditioning and the fans aren't helping, visit your local library or community center for a cool break indoors.

3. Use water to cool off.

When your child is feeling hot, a cool shower or bath can help cool them off. If you are heading out of the house, consider filling up a spray bottle so you can mist your kids on the go.

4. Make sure your kids wear light and breathable clothing.

Loose-fitting, light-colored and breathable clothing (like cotton) can help your child stay comfortable by allowing air circulation. Don't forget to apply sunscreen.

5. Limit outdoor activities during peak heat.

Try to plan your outdoor activities during the cooler times of the day like the early morning or late afternoon. The hottest part of the day is usually between 10 a.m. and 4 p.m. If your kids are participating in activities during that time, make sure they hydrate, take breaks and can cool off in water or indoors.



What are signs of heat illness?

If your child is not drinking enough water during hot days, says Dr. Iravani, they may begin to have symptoms of heat illness such as:

- Increased thirst.
- Irritability.
- Dizziness or fainting.
- Nausea and/or vomiting.
- Cool, clammy skin.
- A raised body temperature, but less than 104°F (40°C).
- Weakness.
- Headache.
- Muscle cramps.
- Increased sweating.

What to do if your child shows signs of heat illness

- If your child experiences symptoms of heat illness:
- Bring your child to a cooler place indoors, an air-conditioned car, or shady area.
- Remove your child's excess clothing.
- Encourage your child to drink water or cool fluids containing salt and sugar — such as electrolyte water and drinks or even sports drinks.
- Put a cool, wet cloth or cool water on your child's skin.
- Call your pediatrician for advice. A child who is too exhausted or ill to drink or who does not feel better within an hour might need to get intravenous (IV) fluids.

Keeping the kids busy this summer doesn't have to be expensive or over-the-top. Here are summer activities that are easy ways to keep things interesting.

- **Join a summer reading club at your library.** Or create your own reading club, keeping a list of all the books read over the summer. It's a great way to nurture a love of reading.
- **Collect rocks and paint them.** Turn their painted creations into pet rocks, garden ornaments, or gifts for family members.
- **Decorate your walkways with chalk.** Use regular sidewalk chalk or make your own using cornstarch, water, and food coloring.
- **Make music.** Play traditional instruments or make your own. Record your musical creations if you want.
- **Make playdough creations.** Make your own playdough to mold into creative shapes. Then rip them up and do it again.
- **Play with clay.** Then bake your creations to make them permanent.
- **Press summer flowers.** Make a pressed flower picture with waxed paper.
- **String beads.** Beading projects can be as simple or complex as you choose.
- **Fly a kite.** Make your own kite or buy one at the dollar store. Spend a few hours flying it in an open field.
- **Go fishing.** In many states, kids can drop a line in without a license, but you want to doublecheck just to be sure before the fish start biting.
- **Have a bubble gum bubble blowing contest.** See who can blow the largest bubble without it popping.
- **Hold a hula hoop contest.** See which family member can hula the longest.
- **Jump rope.** Take turns jumping alone or use a larger rope to jump together. You could even try singing a few rhymes as you do.
- **Make good use of nearby parks.** Go to your local park's website. Print the schedule of activities and hang it on your refrigerator.
- **Play HORSE.** Use your basketball hoop or one at the park to play a challenging game of HORSE. With little ones, set up a mini basketball net next to the real one.
- **Play outside in the rain.** Smell the rain on the pavement; splash in puddles; make mud pies.
- **Take a hike.** Choose a route near your house or take a drive to a more distant park.
- **Take bike rides for fun.** [Grab your bikes](#) and leave from your house or drive to biking trails.

2024 PROFESSIONAL DEVELOPMENT @ THE CAPSTONE

This year, Professional Development was held at The Capstone Hotel in Tuscaloosa, Alabama. With dynamic speakers and a bunch to learn, a great time was had by all. Here are a few of the moments we shared during the team building Scavenger Hunt and during some of the work sessions.



What will we do next year?