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Annual Training... Online Training

If you were unable to attend a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training at this link swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2013. Failure to meet the training will begin the serious deficiency process.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you.

Thank you! 610063



Look on Page 2 of this newsletter for fun water activities for the kids!

The Q & A Corner: Questions asked and Answers received!

We have recently received some popular questions and answers from providers with the food program. A few will be posted each month in this new newsletter section.

If one of the Q & As sparks one of your own questions, please call 1-800-369-9082 or email info@swhuman.org to ask the main office!

Q: *What about water and children?*

A: It important for children to get enough water. Children are usually in tune with their thirst and can differentiate between being thirsty and being hungry. Often, however, they are very involved with playing and don't take time to think about whether or not they are thirsty. We worry about athletes becoming dehydrated because we know that thirst always lags behind the need for water, and in the case of athletes who become dehydrated faster, there is a chance that they are going to become very dehydrated by the time they realize that they are thirsty. This question came from Puerto Rico, and it is also true about living in a warmer climate. Children can become dehydrated much faster. The best approach is to keep offering water at regular intervals and encouraging the children to drink some. They're going to do better drinking small amounts more frequently than trying to play catch up later on.

Summer Survey

Do you still have your Summer Survey? Please fill it out and let us know when or if you are closing or taking vacation time this summer. We share this information with our Program Coordinators so they can plan their schedules. Surveys are due back to the Austin office or to your coordinator ASAP! You can mail it or fax it to the Austin Office at: 1-888-467-1455.

Water activities to help the kids stay cool during the summer!

Kids of all ages love playing in water especially in the heat of summer. While the younger kids can enjoy exploring a water table or washing toys, the older children can use their increasing coordination skills for obstacle courses or water gun practice. Remember to encourage them to drink water from their cups or water bottles while they're playing with the water ☺

Toy Wash

Instead of a car wash...have a toy wash! Children cool off...and YOU get clean toys!!!

On a hot day ---take all washable toys outside and let children have fun washing them. Fill buckets with water and allow them to use sponges, washcloths, and scrub brushes to wash toys. Add mild soap depending on the capabilities of the children.

Water Relay

Put children into as many teams as needed. Fill one bucket for each team and place them at a beginning line where game will start. Place plastic glasses or cups in the buckets of water. On 'Go' kids scoop up a glass of water and run to a set far line where additional large containers have been placed. When the water is deposited, the child runs back to the next team member to continue play. The first team to fill the container with water is the winner.

Another variation could include using a towel to absorb the water and wring into the bucket instead of using cups.

Water Balloon Obstacle Course

Set up a summer themed obstacle course. Children place a water balloon under their chins and must negotiate the obstacle course without breaking the balloon.

This can also be done as a cooperative activity or group initiative. If a balloon breaks, that person must go back to the beginning, get another balloon and start again. The team must wait for the missing member to rejoin.

Water Gun Practice with Ping Pong Balls

Use golf tees in a block of wood or in a section of hardened play dough/modeling clay to support ping pong balls. Fun way to improve water aim! (Picture on Page 1 of this newsletter)

Mystery Provider

Each month in this newsletter we put the provider ID of one **MYSTERY PROVIDER**. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Answers to the May quiz




1. true
2. Judging
3. false
4. conversational
5. waiting
6. true
7. steady
8. true
9. size
10. napkins

Re-enroll and Inactivate Children





Now that the summer months are almost upon us, "summer kids" might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the summer months and will be returning, do not withdraw that child - he can instead be "inactive."

MM Kids HX:

Re-enroll



-  Reprint the child's enrollment form from your computer and obtain a new signature from the parent.
-  In the margin, write Re-enrolled and what date he will be entering your care.
-  Mail/fax a copy to the office.

Inactivate For all children who attend your daycare on a drop-in basis, for holidays only, or for the school year or summer only, you can change their status to "inactive" while they are not regularly in your care instead of withdrawing and re-enrolling the children.


-  After signing into the program and at the main screen click on the Child Information icon.
-  Select the child's name.
-  Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen.
-  When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.

Paper enrollment forms:

Re-enroll

-  Write out the child's information completely on the form.
-  Write "re-enroll" at the very top of the form.

Inactivate

-  If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

Water: Go with the Flow!

Water is one of the body's most essential nutrients. People may survive six weeks without any food, but they couldn't live more than a week or so without water. That's because water is the cornerstone for all body functions. It's the most abundant substance in the body, accounting for up to 75 percent of body weight. It helps keep body temperature constant at about 98.6 degrees, and it transports nutrients and oxygen to all cells and carries waste products away. Water helps maintain blood volume, and it helps lubricate joints and body tissues such as those in the mouth, eyes and nose. And water is truly a liquid asset for a healthy weight—it's sugar free, caffeine free, and—most importantly—calorie free.

How Much Water Do Kids Need?

The daily amount of water that a child or teen needs depends on factors such as age, weight and gender. Air temperature, humidity, a person's activity level and his or her overall health affect daily water requirements, too. The Kids' Total Daily Water Requirements chart below can help you identify about how many liters of water your child or teen needs each day (one liter is about four cups of liquid). These water recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be perfect for your child or teen.

The amount of water that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for total water, which includes water from all sources: drinking water, other beverages and food. Notice that fruits and vegetables have a much higher water content than other solid foods. Their high water content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high—another perfectly great reason for kids to eat more from these food groups.

So how do you apply total water recommendations to your kid's day? As a rule of thumb, to get enough water, your child or teen should drink at least six to eight cups of water a day and eat the recommended number of servings of fruits and vegetables every day. Also pay special attention to your child's or teen's water consumption when he or she is physically active. Before, during and after any physical activity, kids need to drink plenty of water, especially in hot weather. The goal is to drink one-half to two cups of water every 15 to 20 minutes while exercising.

Ways to decrease the amount of sweetened beverages your child (and you!) consume and promote healthy hydration and health:

1. Mix half fruit juice with half water or seltzer water for a lighter fruity treat.
2. Invest in a water filter and keep cool water stored in the fridge for thirsty eyes to see.
3. Slowly decrease the amount of sweetened beverages that you bring into your home. Gradual change may go over better than stopping cold turkey.
4. Encourage water intake by making it easy and fun! Send your children to school with BPA-free water bottles to drink during lunch and during the school day. (There will be a label on the water bottle noting that it is BPA-free).
5. Try watered down juice boxes – one of the most easy ways to encourage water intake among children. Check to see if they are available in your grocery store.
6. Change up the way you drink water by adding fun flavors such as:
 - Fresh Cut Cucumbers
 - Fragrant Orange Slices
 - Refreshing Mint and Lime Juice
 - Squeeze of Lemon Juice

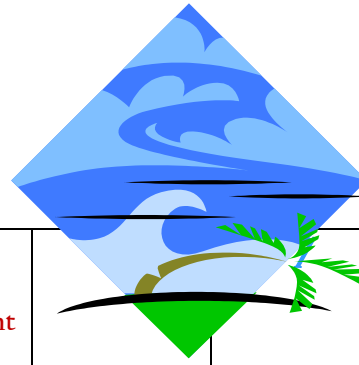


Kids Total Daily Water Requirements

Age Range	Gender	Total Water (Liters/Day)
4-8 years	Girls and boys	1.3
9-13 years	Girls	2.1
	Boys	2.4
14-18 years	Girls	2.3
	Boys	3.3

Note: Total water includes all water contained in food, beverages and drinking water.

JUNE



1
Atlantic
Hurricane
Season
Begins

2	3 Send in Claim!	4	5 World Environment Day		8
	10		12	13	14 Flag Day 
16 Father's Day	17	18	19 Juneteenth	20	21 First Day of Summer
23				28 Paul Bunyan Day	29
30					

Melon and Cucumber Salad

In addition to offering kids water throughout the day, feeding them healthy fruits packed with water and nutrients will also help them stay hydrated this summer. This melon salad is refreshing and can help the children with serving practice 😊

Ingredients:

2 cucumbers
1 cantaloupe melon
½ watermelon
Sesame seeds

Optional dressing:

½ light olive oil
¼ c lemon juice
1 tsp sugar
¼ tsp salt
Dash of pepper

Instructions:

- Cube melon and cucumbers into age appropriate bite size pieces and mix in even proportions in a large bowl with a serving spoon.
- Place sesame seeds into a separate bowl with a serving spoon.
- Mix the optional dressing in a spray bottle or squirt bottle.
- Illustrate how to construct the salad and allow the kids space to practice their serving skills!

