



EXTENDED CHILD CARE FAMILY NEWSLETTER June 2009



Summer Reminders

Our enrollment for summer is complete. If your summer child care needs change, please notify the office as soon as possible. This really helps us to plan staffing for summer. We appreciate your help! This summer the following centers will be open – **Mattie Washburn, Windsor Creek, Mark West, San Miguel, JX Wilson and RL Stevens**. If the center your child is attending is closed, the Center Director will notify you of which center your child will attend for the summer. **Families must have a zero balance on their childcare bill to use summer care.** Families enrolled for summer will need to give a **four (4) week** drop notice to discontinue care. We are also making an exception this year and allowing parents to start early for fall – call the office if you are interested!

Summer programming highlights!

Summer is a time when children can relax, have fun, develop friendships, and practice the many skills they are learning as they grow. We are planning many activities that will interest the children and inspire them to participate. This year we are once again contracting with University of Sports to provide programming at all of our centers. We are planning a tennis program and Chess for Kids to provide instruction for children who are interested. Zumba for kids, African dance, and drumming will get kids moving to the beat. Storytelling, drama and Junior Achievement are other favorite activities that are planned. There will be lots of water play. We will also have visits from REI, the Highway Patrol, Canine Companions, Sonoma Co History Museum and Wildlife Rescue. All the centers will be taking a field trip to a children's concert at the Wells Fargo center too.

Each center will be doing service learning projects where the children are involved in providing a service to the community through projects they are doing at the center. We are encouraging parents share any talents they have with the children. Watch for a calendar from your center to stay informed of the schedule of great activities. We're looking forward to a fun filled summer at ECC.

Questions about your bill?????

June 30th is the end of our fiscal year which means that we need to have all billing issues cleared up before July 24th. If you have questions about your bill, please contact the office (545-2402) as soon as possible. We really appreciate your help.

Kids & Summer Weight Gain

When school's out, it may be more important than ever for your kids to get regular physical activity and eat a nutritious diet. Kids tend to gain three times as much weight during the summer as they do during the school year. Here are some tips to avoid this:

- Limit TV watching and video game playing to two hours per day
- Have only healthy foods available during the day for snacking – fruits, veggies, etc.
- Include some type of physical activity in your child's daily activities

Next ECC Board Meeting – August 31st 6:45 pm at 1745 Copperhill Pkwy #5, Santa Rosa. Enter through the back door. Parents are always welcome.

USED COMPUTERS WANTED!

We are looking for donations of old computers in working condition. We are finding that the games and programs the children use do not work on the VISTA software on a new computer. Please call Cherelle at the office 545-2402, if you have a used computer you want to get rid of. Thanks!

Don't forget that your comments and suggestions are always welcome by calling our office or through our website at www.extcc.org!