



reminder:

One of our teachers has an extreme, **life-threatening allergy to peanuts, tree nuts and fish/seafood.**

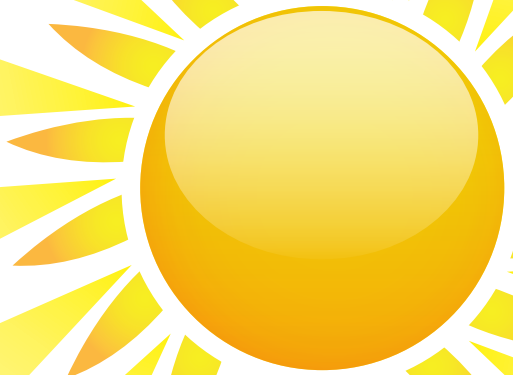
The allergy is so severe that it can be triggered simply by particles in the air - meaning any food containing these items that is opened anywhere within The Center will trigger the extreme allergic reaction.

WE CANNOT PERMIT ANY FOOD CONTAINING PEANUTS, TREE NUTS OR FISH/SEAFOOD IN THE BUILDING.

Thank you for helping keep everyone healthy and safe!



health **+** wellness
from our Nurse MaryAnn



fun in the sun [safety tips]

Most kids get much of their lifetime sun exposure before age 18, so it is important to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's risk of developing skin cancer.

Sunburn can happen within 15 minutes of being in the sun, but the redness and discomfort may not be noticed for a few hours. Repeated sunburns can lead to skin cancer.

- **Minimize kids' summer sun exposure between 10 a.m. and 4 p.m.**
- **Have kids wear protective clothing, sunglasses, and a hat.**
- **Apply sunscreen that provides UVB and UVA protection with a sun protection factor (SPF) of at least 15.**
- **Apply sunscreen 15 to 30 minutes before sun exposure and 30 minutes after exposure begins, then reapply after kids have been swimming or sweating.**
- **Although the best way to protect babies 6 months of age or younger is to keep them shaded, you can use minimal amounts of sunscreen (with an SPF of at least 15) on small exposed areas, like the face.**

All children at The Center will be bringing home a letter regarding application of sunscreen at school. Please fill out the attached medication administration sheet and send in sunscreen for your child clearly labeled with their name. Thank you for helping us keep your children safe!