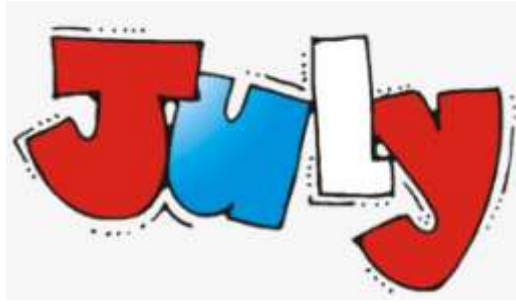


Premier Preschools



1827 Slaughter Rd. Madison, AL 35758

5095 Premier Dr. Huntsville, AL 35805

July 2019 Edition

It has been a great summer so far at Premier. We are looking forward to all the great adventure in store for July.

Splash Days for the month of July are on **Wednesdays** for the **Madison Campus** and on **Fridays** for the **Research Park Campus**. Also remember to fill out a medication form each week for sunscreen to be applied in the afternoons. We will have outdoor play as long as the weather permits and the heat index does not exceed 100 degrees.

Premier Preschools will be closed on Thursday July 4th, 2019. We would like to wish all our families and happy and safe holiday. Parents Night Out will be on Friday July 19th, 2019 from 6:00-10:30pm. The cost is \$20 for the first child and \$10 per each additional sibling.

Important Dates

- July 4th Premier Closed for 4th of July**
- July 19th Parents Night Out**

Summer Awareness

HOW HOT IS TOO HOT FOR YOUR KIDS?

Summer is in full swing and what kid doesn't want to play outside? Whether at summer camp, going to the park or playing in the backyard, kids spend plenty of time out in the hot sun, but how hot is too hot?



One of the biggest dangers of letting children play in the summer heat is dehydration... But did you know **HEAT AND A LACK OF FLUIDS AFFECT CHILDREN MORE THAN ADULTS?**

a child's body
HEATS UP
3Xs
FASTER
than an
adult's body



80%

humidity is considered high humidity, preventing cooling through sweat evaporation

IT TAKES
20
MINUTES



for a child to reach a dangerous core body temperature level when playing outside

2%

AMOUNT OF
BODYWEIGHT
already lost by the time a child first feels thirsty



Children have immature sweat glands, preventing them from cooling down easily



KNOW THE DANGER ZONE:

▲ 11am - 4pm ▲

PEAK HOURS OF THE DAY WHEN THE SUN IS SHINING STRONGEST

▲ 104 DEGREES ▲

CORE BODY TEMPERATURE AT WHICH POINT THE BODY BEGINS TO EXPERIENCE HEAT STROKE

SOME COMMON SYMPTOMS OF DEHYDRATION:

DRY LIPS & TONGUE

**FATIGUE/
DECREASED
ENERGY**

THIRST

OVERHEATING

If unattended, dehydration and overexposure to heat can lead to illnesses, including:



**HEAT
CRAMPS**

**HEAT
EXHAUSTION**

**HEAT
STROKE**

WHAT CAN PARENTS DO TO PREVENT DEHYDRATION AND OVERHEATING?

Encourage your child to drink fluids and eat water-rich foods such as fruits and vegetables



Be aware of the heat index: How hot is it out? What's the humidity? Do your children have access to shade?

If the heat index is above 95 degrees, encourage your kids to stay indoors during the peak hours of the day, typically 11am - 4pm





HAVE A SAFE HOLIDAY



MOST DANGEROUS FIREWORKS



SAFETY TIPS



Check if fireworks are legal in your county or state.



Never allow children to hold or play with fireworks.



Do not buy fireworks packaged in brown paper.



Do not relight malfunctioning fireworks.



Use fireworks outside and far from wooden objects.

<p>1 Breakfast: Whole Wheat Toast, Oranges, Milk Lunch: Cheese Quesadilla with Lettuce, Tomato, on Whole Wheat Tortilla, Pinto Beans, Applesauce PM Snack: Yogurt, Blueberries, Water</p>	<p>2 Breakfast: Whole Wheat Tortilla w/Egg, Juice, Milk Lunch: Beef a Roni, Corn, Diced Pears, Milk PM Snack: Cheese Cubes, Pineapples, Water</p>	<p>3 Breakfast: Waffles, Strawberries, Milk Lunch: Sloppy Joes on Whole Wheat bun, Green Beans Tropical Fruit, Milk PM Snack: Mandarin Oranges, Graham Crackers, Water</p>	<p>4 Closed for the 4th of July</p>	<p>5 Breakfast: Chex, Banana, Milk Lunch: Cheese Pizza, Salad w/ranch, Peaches, Milk PM Snack: Pear Halves, Fritos, Water</p>	
<p>8 Breakfast: Pancakes, Mandarin Oranges, Milk Lunch: Chicken Patty on Whole Wheat Bun, Corn, Mixed Fruit, Milk PM Snack: Blueberry Muffins, Milk</p>	<p>9 Breakfast: Sausage, Hash Browns, Milk Lunch: Turkey Wrap on Whole Wheat Tortilla, Sliced Carrots with Ranch, Cut Oranges, Milk PM Snack: Tropical Fruit, Graham Crackers, Water</p>	<p>10 Breakfast: Biscuit, Peaches, Milk Lunch: Cheeseburger Casserole, Broccoli, Pineapples, Milk PM Snack: Cheese Cubes, Wheat Thins, Water</p>	<p>11 Breakfast: English Muffin w/jelly, Strawberries, Milk Lunch: Chicken BBQ w/whole wheat bun, Peas, Pears, Milk PM Snack: Carrots with Ranch, Whole Wheat Crackers, Water</p>	<p>12 Breakfast: Whole Grain Cheerios, Banana, Milk Lunch: Hamburger on Whole Wheat Bun, Green Beans, Peaches, Milk PM Snack: Guppies, Juice</p>	
<p>15 Breakfast: French Toast, Peaches, Milk Lunch: Chicken Spaghetti w/whole wheat bread, Green Beans, Pears, Milk PM Snack: Guppies, Juice</p>	<p>16 Breakfast: Whole Wheat Tortilla w/Egg, Juice, Milk Lunch: Teriyaki Chicken, Rice, Broccoli, Applesauce, Milk PM Snack: Pineapples, Fritos, Water</p>	<p>17 Breakfast: Waffles, Strawberries, Milk Lunch: Chicken Nuggets, Mac and Cheese, Mixed Veggies, Cut Oranges, Milk PM Snack: Cheese Cubes, Wheat Thins, Water</p>	<p>18 Breakfast: English Muffin w/Jelly, Peaches, Milk Lunch: Sloppy Joes on Whole Wheat bun, Corn, Mixed Fruit, Milk PM Snack: Pretzels, Juice</p>	<p>19 Breakfast: Chex, Banana, Milk Lunch: Cheese Pizza, Carrots w/ranch, Apple Slices, Peas, Milk PM Snack: Pear halves, Graham Crackers, Water</p>	
<p>22 Breakfast: Pancakes, Oranges, Milk Lunch: BBQ Meatballs w/whole wheat bread, Green Beans, Peaches, Milk PM Snack: Carrots with Ranch, Crackers, Water</p>	<p>23 Breakfast: Sausage, Hash Browns, Milk Lunch: Turkey Sandwich on Whole Wheat Bread, Salad with Ranch, Apple Slices, Milk PM Snack: Pineapples, Fritos, Water</p>	<p>24 Breakfast: Whole Wheat Cinnamon Toast, Pear Halves, Milk Lunch: Crisпитos, Mexican Rice, Corn, Tropical Fruit, Milk PM Snack: Peach Slices, Graham Crackers, Water</p>	<p>29 Breakfast: French Toast, Strawberries,, Milk Lunch: Chicken Patty on Whole Wheat Bun, Mashed Potato, Mandarin Oranges, Milk PM Snack: Blueberry Muffins, Milk</p>	<p>30 Breakfast: Whole Wheat Tortilla w/Egg, Milk Lunch: Beef Stroganoff, Green Beans, Applesauce, Milk PM Snack: Cheese Cubes, Wheat Crackers, Water</p>	<p>31 Breakfast: Waffles, Oranges, Milk Lunch: Beef Soft Taco with Lettuce, Tomato Cheese on Whole Wheat Tortilla, Tropical Fruit, Milk PM Snack: Pretzels, Juice</p>

The Menu



~Madison Campus~

Rylan T.
Maddox D.
Lindsey L.
John W.
Azula C.
Anniston W.
Finley S.
Chloe S.
Tristan C.
Jerry T.
Riley H.
Ryland H.
William P.

~Huntsville Campus~

Steven T.
Aubrey S.
Easton S.
Emery E.
Yannik E.
Padma V.
Haley H.
Kamran G.
Bryson O.
Donald P.
Todd T.

