

Gracie Madrigal-Director Bertha Pulido-Asst Director 73 North Second Avenue Chula Vista, CA 91910 (619) 425-9933 fax 619-425-3556

www.weecarepreschools.com

August 2014

SUMMER ACTIVITY CALENDAR

For the month of August, we will travel around the world! Each week we will focus on a different part of the globe. Please make sure you pick up your activity calendar so your child is prepared for each day's activity.



VISION SCREENING

ON WEDNESDAY, AUGUST 27 & THURSDAY, AUGUST 28 THE ELKS LODGE WILL BE PROVIDING FREE VISION SCREENING FOR CHILDREN FROM THE AGES OF 3 TO 6. IF INTERESTED, PLEASE SIGN UP IN YOUR CHILD'S CLASSROOM.



New Classes

The children have been moving to their new classrooms for the upcoming school year. If you have any questions, please stop by the office.



LOOKING ahgad:

Our academic school year will start on Tuesday, September 2, 2014. A school supply list will be sent home for Kindergarten and Pre-K classes.

We will be closed on Monday, September 1, 2014 in observance of Labor Day!









Whether you have toddlers or teenagers, keeping kids entertained over the summer is no joke. In fact, it's the bane of every parent's existence – especially if you're on a tight budget.

So if you're looking for ways to keep your kids entertained this summer, here are a few options to check out:

- **1. Sign up for memberships to local attractions.** If you live in or near a city with great local attractions a zoo, children's museum, water park, etc. look into memberships with those attractions.
- **2.** Check out public-run camps, events and parks. City parks systems often offer day camps and family programs. And since they're funded by the public, they tend to be super cheap. Some of them even offer sliding-scale admission fees based on income.
- **3. Find a local** *things to do with kids website.* Entrepreneurial moms (who also have kids to entertain) have created websites specifically for local parents. These websites often have event calendars where you can find free or inexpensive family-friendly events in your area.
- **4. Check local grocery stores.** Here's one great reason to shop with local grocery chains over a national megalith: They often partner with other locals to offer coupons and discounts for attractions. You'll likely find discounted ticket passes, or again, monthly calendars with free events. Sometimes you'll find information about fun entertainment like free concerts or movie viewings in the local parks.
- **5. Find a drive-in or discounted movie.** Drive-ins are more rare than they used to be, but they're not extinct yet. And a drive-in can be an excellent way to save money on taking kids to the movies. Since they usually charge per car rather than per head, drive-in are a lot cheaper than your average movie theater. Plus, you can bring your own food, which also saves a fortune.

- **6. Pop in the local library.** The library is a great place to stock up on books and movies to keep kids busy during the summer. And many libraries still run those summer reading programs you probably participated in as a kid. Reading programs with incentives are an excellent way to get your kid's nose in a few books (and out of trouble!) for hours this summer.
- **7. Set them loose.** Perhaps the best way to keep your kids from getting bored this summer without spending a fortune is to teach them to entertain themselves. In a world of constant stimulation much of which is caused by electronics many kids have trouble entertaining themselves. This leads us parents to pull our hair out and/or spend loads of money on entertainment we probably didn't have when we were kids.

So this summer, instead of constantly scrambling to keep the kids entertained, set them loose. Let them (or force them to) entertain themselves. Here are some strategies:

- Set up busy boxes or bags. Pinterest has a plethora of busy bags and busy boxes ideas. They may seem too cutesy for you, but they're actually worth a try. These boxes and bags are full of age-appropriate activities such as finger paints, sand boxes, musical instruments and coordination-challenging games. When the kids start to get bored, pull out a busy box, and leave them to it.
- Make a list. Before your child starts to get bored, help him make a list of things he likes to do. Put it on the fridge, so he can reference it when he does get bored. When there's "nothing to do," a list can jump-start some ideas.
- Rotate the toys. Instead of leaving all the toys in the house accessible 24/7, pull
 them out on a rotating basis. Every week, put away some toys, and pull out
 others. This adds a surprising amount of novelty to all those old toys and will
 keep kids engaged.
- Turn the TV off. Have a no electronics during certain hours of the day rule. Kids
 are more likely to head outside and find old-fashioned ways to entertain
 themselves.
- Create an art box. Most children are artists at heart. But if the crayons are scattered in the toy box and the paintbrushes are who knows where, they'll be less likely to engage in artistic play. If all the arts and crafts supplies are together in one accessible place, kids can entertain themselves for hours drawing, painting and creating projects.

-U.S. News

