

Special points of interest:

- Preschool Patriotic Parade July 3 at 4pm
- Closed July 4
- Joyce is out of the office July 2-8
- BCR Visit July 16-17

Inside this issue:

Red Room Curriculum Highlight	2
Camp Little Cloud in Action	2
Parent Article	3
Notes from Pre-school Admin	3
Important Dates	4
Menu	5

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July 2019

## CAMP BLUE SKY

Camp Blue Sky is officially in high speed motion and we could not be more excited! Here are a few helpful reminders for families as we sail through summer:

- Please **apply sunscreen every morning** to your camper and our counselors will reapply throughout the day.
- Please send in a water bottle for your child to use and refill throughout the day. **All water bottles should be labeled** with your child's first and last name.
- Please **label ALL items** coming into school (extra clothes, hats, towels, water bottles, personal items, etc.). This helps us

get all of your child's items back to you at the end of each day.

- Remember - every child must have wear their Camp Blue Sky field trip shirt in order to attend any off-site trips
  - Be on the lookout for Ms. Angeline's weekly email! Get all the info you need for upcoming field trips, special events, and important announcements!
- Thank you for a FANTASTIC summer kick off! We are looking forward to more summertime fun!

### *Are you ready for our Annual 2019 Summer Sleepover?*

Join us for a fun-filled night for current 2019 Camp Blue Sky campers to enjoy. The sleepover will be held Friday, July 19th from 7:30 pm to Saturday, July 20th at 7:30 am.

All children will need to bring their sleeping bag, pillow, pajamas, change of clothes, toothbrush & toothpaste-all of which need to be labeled with your Camper's name. You can find the permission slips on the table at the village entrance. Cash and permission slips are due no later than Wednesday, July 10, 2019. Please let Mrs. Krystal or Mrs. Angeline know if you have any questions.



## Notes from Ms. Brittany

**Summer, summer, summer time!** I love the summertime! Camp is off to a great start. Each week we have new themes and camp challenges. I look forward to seeing each amazing each amazing camp challenge on Station Square. Every other Monday, Camp Pee Wee Juniors will have a field

trip. Water play is every Wednesday. Remember to pack a change of clothes, towel, and water shoes. Every Friday, Camp Pee Wee Seniors will have a field trip. I hope we are making your child's summer the best summer yet!

Reminders: Annual Patriotic

Parade is July 3rd at 4 p.m. We will be closed for July 4th. If you have any questions concerning your account, please send me an email or stop by the front desk. I will be happy to assist you!

Brittany Clark  
BClark@LeafSpringVB.com

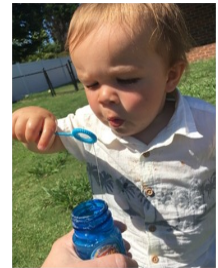
### Red Room Curriculum Highlight



It's July! This month we are going to have so much fun We will kick it off with celebrating America. We will talk about fireworks and create our own fireworks paintings. Then, we will tell stories while we lay "Under the Stars." Here we will talk about the fascinating world of stars and making star sun catchers. Next, we will become engineers during

S.T.E.M week! S.T.E.M stands for science, technology, engineering, and math. We will have a week of the Wild World of Sports! Here, we will enjoy outside games, such as basketball, baseball, football, and golf. Last, we will end July with a bang during Art Explosion week! Our friends will experience what happens when art and science col-

lide! The Red Room friends love to get explore with senses and it is even more fun when we learn through play!



### Green Room: Camp Pee Wee Highlight



There's never a dull moment at Camp Pee Wee! Summer camp is off to a great start and Green Room has had nothing but fun in the sun! Last month, The Children's Museum of Portsmouth came to visit Green and Blue Room during "Splish Splash" week. Mr. Jim showed the campers how to make big and small bubbles. The campers had fun putting learning into action. The campers di-

vided into different groups and took turns making their own bubbles. They were amazed at the different shapes and sizes of bubbles. We finished off "Splish Splash" week with a frozen excavation. Who knew that playing with huge blocks of ice could be so much fun? We can't wait to see what July has in store for Camp Pee Wee!



Annual 4th of July Parade - Wednesday, July 3rd at 4 p.m.



Pictured above: Donovan & Leighton during a parade as infants. They are now in Purple Room!

*Join us for a patriotic parade!*  
*There will be special performances by Green, Blue, Purple, and Gold Rooms*  
*Remember to wear your Red, White, and Blue!*

## Trampolines Safe for Kids? By: *Dr. Rebecca Olszak* General Booth Pediatrics



It's a question nearly every parent faces at some point: Should I let my child go to a trampoline park? While they certainly look fun and potentially safe with so much padding everywhere, many children still get injured at trampoline parks. Trampolines, in general, pose a significant risk of injury to children. Nearly 100,000 emergency room visits nationwide in 2014 involved children who were injured while jumping on a trampoline, according to the U.S. Consumer Product Safety Commission. Common injuries include sprains, broken bones, concussions, and head and neck injuries. New research shows that while more injuries happen on backyard trampolines than at jump

parks, the types of injuries that occur in trampoline parks are more severe. Both children and adults are more likely to have fractures or dislocations when playing at a jump park than if they had been jumping on a home trampoline, according to a recent study published in the *Journal of the American Academy of Orthopaedic Surgeons*.

Most trampoline injuries occur when there's more than one person jumping on the trampoline. The smallest and youngest children – especially those who are 5 and younger – are often the ones most likely to be significantly injured, according to the American Academy of Pediatrics. Here are six key recommenda-

tions from the AAP:

- Don't buy a trampoline for your backyard.
  - If your child uses a trampoline in a structured sports training program, make sure there's appropriate supervision, coaching, and safety measures in place.
  - If you have a backyard trampoline, make sure your homeowners insurance covers trampoline injury-related claims. Do not allow anyone to use the trampoline without adult supervision.
  - Don't let more than one child on the trampoline at a time. Do not allow children to attempt flips or somersaults, which often cause cervical spine injuries.
- Be aware that jump parks may not have the same safety guidelines as those recommended by the AAP.

## Notes from the Preschool Admin Team

Hello!

We are already halfway through 2019 and we're not sure where it went! We have been rockin' and rollin' in the preschool with so many activities and we are thankful that the weather has been holding up.

Soccer Shots still has some availabilities if you are interested in signing up your little one. For those of you who attend part-time, it is on Thursdays.

In other news, we are getting ready for Fall 2019 enrollment! If you have a child who is on our "priority" wait list, expect an email to confirm your enrollment for the Fall.

**SAVE THE DATE:** August 14 will be Parent Orientation Night from 6-8 p.m. This is a "child-free" event.

**REMINDER:** When you go to the pediatrician for a "well-child" check up, whether they are scheduled for immunizations or not, please ask them for a copy of the

"school entrance health form." This will ensure that we always have the latest and greatest health information on your child.

As always, our doors are always open should you need us.

Enjoy the sunshine and wear sunscreen!

Joyce and Athena

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## July 2019 Calendar of Events

### Camp Little Cloud

### Camp Pee Wee Juniors (Green & Blue)

### Camp Pee Seniors (Purple & Gold)

(Field Trip locations have been removed from this calendar.)

<b>Week 3</b> <b>Celebrate America</b> July 1-5	Morning Camp Circle Camp Challenge: Class Flag	Mindful Movement  Adventure Clubs at 10 am	<b>Spirit Day:</b> Wear red, white, and blue!  <b>Patriotic Parade</b> at 4 pm	<b>CLOSED</b>	Special Event: Magician, Rob Westcott at 4 pm on Station Square
<b>Week 4</b> <b>Under the Stars</b> July 8-12	Morning Camp Circle Camp Challenge: Camp Fire  Junior FT	Mindful Movement  Adventure Clubs at 10 am	Water Play	Special Story Time on Station Square 10-1030 am  Special Activity: S'mores Bar on Station Square	Spirit Day: Crazy Hair Day!  Senior FT:
<b>Week 5</b> <b>S.T.E.M. Week</b> July 15-19	Morning Camp Circle Camp Challenge: Robot Challenge	Mindful Movement  Adventure Clubs at 10 am	Water Play	Wendy, The Singing Scientist on Station Square at 10 am  Special Activity: LEGO Challenge on Station Square	Spirit Day: Twin Day  Senior FT: Mad Science (in-house)
<b>Week 6</b> <b>Wild World of Sports</b> July 22-26	Morning Camp Circle Camp Challenge: Test Your Skills  Junior FT:	Mindful Movement  Adventure Clubs at 10 am	Water Play	Special Story Time on Station Square 10-1030 am  Special Activity: Stretch-N-Grow (Red – Yellow Room)	Spirit Day: Sports Team Day  Senior FT:
<b>Week 7</b> <b>Art Explosion</b> July 29-Aug 2	Morning Camp Circle Camp Challenge: Classroom Mural	Mindful Movement  Adventure Clubs at 10 am	Water Play	Special Story Time on Station Square 10-1030 am  Special Activity: Sidewalk Chalk Art	Spirit Day: Class Color Day  Senior FT:

### Important Dates to Remember

#### 2019 Closings:

August 29-30  
September 2  
November 28-29  
December 24-25  
December 31 *Closing at 4 pm*

### This Month's Celebrations

#### Children's Birthdays:

01 Ray 7  
03 Abigail 11  
05 Jordan 9  
Isabelle 2  
06 Audrina 3  
Eva 2  
07 Molly 4  
09 Mason 7  
Easton 1  
12 Lucius 10  
15 Zeke 3  
16 Dorian 1  
17 Max 2  
21 Jack 9  
Thatcher 3  
22 Sophia 12  
Sofia 8  
Viaan 4

23 Scarlett 3  
24 Hudson 7  
26 Piper 3  
27 Mohamed 2  
31 Aidyn 9

#### Staff Birthdays:

10 Ms. Brittany  
11 Ms. Babs  
18 Ms. Ashley  
22 Ms. Danielle

#### Staff Anniversaries:

14 Ms. Shirley  
9 years!!!

## July 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> <p>Cheerios Cereal</p> <p>Veggie Alfredo w/ Broccoli, Salad Peaches</p> <p>Trail Mix</p>	<p style="text-align: center;">2</p> <p>Corn Flakes Cereal</p> <p>Chicken Tetrazinni Corn Mandarin Oranges</p> <p>Vanilla Wafers</p>	<p style="text-align: center;">3</p> <p>Roll w/ Butter</p> <p>Beef Ravioli Peas &amp; Carrots Pineapples</p> <p>Goldfish</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">LEAFSPRING SCHOOL</p> <p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">5</p> <p>Pancakes</p> <p>Turkey &amp; Cheese Wrap, Salad Fruit Cocktail</p> <p>Banana Pudding</p>
<p style="text-align: center;">8</p> <p>Corn Flakes Cereal</p> <p>Baked Ziti Salad Applesauce</p> <p>Cheez-Its</p>	<p style="text-align: center;">9</p> <p>Pancakes</p> <p>3 Cheese Spaghetti w/ Turkey Meat Broccoli Mandarin Oranges</p> <p>Oatmeal Cookies</p>	<p style="text-align: center;">10</p> <p>Roll w/ Butter</p> <p>Chicken &amp; Cheese Wrap, Corn Fruit Cocktail</p> <p>Trail Mix</p>	<p style="text-align: center;">11</p> <p>String Cheese</p> <p>Chicken Lasagna Salad Pineapples</p> <p>Animal Crackers</p>	<p style="text-align: center;">12</p> <p>Corn Flakes Cereal</p> <p>Mac &amp; Cheese Broccoli Mandarin Oranges</p> <p>Veggie Straws</p>
<p style="text-align: center;">15</p> <p>Cheerios Cereal</p> <p>Cheese Wraps Salad Pineapples</p> <p>Vanilla Wafers</p>	<p style="text-align: center;">16</p> <p>Roll w/ Butter</p> <p>Turkey Meat-A-Roni Green Beans Applesauce</p> <p>Graham Crackers</p>	<p style="text-align: center;">17</p> <p>Corn Flakes Cereal</p> <p>Turkey Hot Dog on a Bun, Broccoli Fruit Cocktail</p> <p>Animal Crackers</p>	<p style="text-align: center;">18</p> <p>Waffles</p> <p>Chicken Alfredo Corn Mandarin Oranges</p> <p>Oatmeal Cookies</p>	<p style="text-align: center;">19</p> <p>Rice Krispies</p> <p>Turkey &amp; Cheese Wrap, Salad Applesauce</p> <p>Trail Mix</p>
<p style="text-align: center;">22</p> <p>Cheerios Cereal</p> <p>Mac &amp; Cheese Green Beans Applesauce</p> <p>Oatmeal Cookies</p>	<p style="text-align: center;">23</p> <p>Corn Flakes Cereal</p> <p>Turkey Meat Spaghetti Salad Mandarin Oranges</p> <p>Animal Crackers</p>	<p style="text-align: center;">24</p> <p>String Cheese</p> <p>Beef Ravioli Peas &amp; Carrots Pineapples</p> <p>Cheez-Its</p>	<p style="text-align: center;">25</p> <p>Pancakes</p> <p>Cheesy Chicken &amp; Rice Casserole Broccoli Peaches</p> <p>Trail Mix</p>	<p style="text-align: center;">26</p> <p>Roll w/ Butter</p> <p>Chicken Hot Dog on a Bun, Salad Mandarin Oranges</p> <p>S'mores Pudding</p>
<p style="text-align: center;">29</p> <p>Roll w/ Butter</p> <p>3 Cheese Spaghetti Corn Applesauce</p> <p>Veggie Straws</p>	<p style="text-align: center;">30</p> <p>Cheerios Cereal</p> <p>Turkey Sloppy Joe on a Bun, Salad Peaches</p> <p>Trail Mix</p>	<p style="text-align: center;">31</p> <p>Rice Krispies Cereal</p> <p>Meatball Marinara (beef, chicken, turkey) Roll, Salad Fruit Cocktail</p> <p>Animal Crackers</p>		<p>*Milk served with all meals unless otherwise noted*</p>