Talking to children about tragedy

In the wake of a national or world tragedy we all struggle to understand why and to give meaning to something that is often so senseless. While it is hard for us as adults, we have the benefit of being able to sort through the mass amount of information thrown at us daily and put it into some form of perspective. For children this can be more difficult. Young children do not have the intellectual, social or emotional maturity to be able to make sense of what they are hearing or seeing. As much as we would like to shelter our children from these situations, we need to recognize that they may see images of a event or hear about it from other adults or children. Our responsibility as parents is to help children by talking with them and being supportive.

It is important to understand your child’s developmental stage when talking with them about tragedies. Very young children tend to think magically and cannot grasp complex or abstract ideas. They are extremely self-centered. This changes as they get older and they are able give more meaning to their experiences. These traits determine how children will react to tragic events and help parents determine how much and what information to give to a child.

Following exposure to a tragic event children can experience anxiety about the same thing happening to them and their own safety and those of loved ones. Children are keen observers. Your reactions to a tragic event will not go unnoticed by your child. How your face looks, your

*Continued on page 16*
## Tuition and Program Fees

<table>
<thead>
<tr>
<th>Program fees</th>
<th>Charged at Enrollment &amp; every September</th>
<th>$20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late Tuition Fee</td>
<td>Tuition paid after the 10th of the month</td>
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<tr>
<td>Returned Check Fee/Insufficient Funds</td>
<td>Any portion of first 5 minutes after 5:30 PM</td>
<td>$25</td>
</tr>
<tr>
<td>Late Pick-up Fee</td>
<td>Per minute after 5:35 PM</td>
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</table>

**Tuition rates will be charged for 12 months instead of 11 months beginning September 1, 2016**

### Tuition Rates

#### Infant and Toddler Center

<table>
<thead>
<tr>
<th>Current Rate</th>
<th>Effective September 1, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alumni/Community</td>
<td>$817</td>
</tr>
<tr>
<td>Faculty &amp; Staff</td>
<td>$749</td>
</tr>
<tr>
<td>FSU Student</td>
<td>$670</td>
</tr>
<tr>
<td>Military Connected student family</td>
<td>$603</td>
</tr>
<tr>
<td>Pell recipient/eligible student</td>
<td>$536</td>
</tr>
</tbody>
</table>

#### Children’s Center

| Alumni/Community | $885                        | $811 |
| Faculty & Staff  | $644                        | $602 |
| FSU Student      | $540                        | $505 |

**VPK**: No longer offered

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The NAEYC for Families website at [http://families.naeyc.org/](http://families.naeyc.org/) offers a wealth of information and resources for parents of young children. **Families Today** features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.

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**CONTACT US!**

**Monday-Friday 7:30 AM- 5:30PM**

- **Associate Director**, Tiffany Karnisky
  - 850-644-5664
  - tkarnisky@admin.fsu.edu

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- **Grants Analyst**, Bill Stacey
- **Little Noles editor**, TBA

**Telephone**: 644–7970

157-01 Herlong Drive
Tallahassee, FL 32310-4174

**Infant and Toddler Center**

DCF License #C02LE0260

**Monday-Friday 7:30 AM- 5:30PM**

- **Center Director**, Dana O’Connor
  - Telephone: 644-0003
  - 330 Pennell Circle #1
  - Tallahassee, FL 32310

**Children’s Center**

DCF License #C02LE0519

**Monday-Friday 7:30AM- 5:30PM**

- **Center Director**, Beth Roberts
  - Telephone: 645-9576
  - 169 Herlong Drive
  - Tallahassee, FL 32310

The Little Noles is a monthly publication of The FSU Child Development Programs, 157-01 Herlong Drive, University Housing, Florida State University, Tallahassee, FL 32310-4174, (850) 644-7970. The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.

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**Withdrawal Notices**

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. **The notice must be submitted online or by paper form.** Online forms are considered valid and binding once submitted. Paper forms must be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices. Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. **Failure to give the required 30 day notice will result in monetary charges for a full month’s tuition irrespective of whether the child attends or not.**
NEW TUITION RATES ARE EFFECTIVE SEPTEMBER 1, 2016

Requesting a semester off
During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered as student for the preceding spring semester and upcoming fall semester. Requests to take a semester off should be submitted in writing prior to taking the semester off.

Be prepared
We need a change of clothes for each child. Make sure your child’s extra set of clothes is appropriate for the weather.

Safety and your security code access
The safety of your child is one of our greatest concerns. Please be reminded that the security codes provided to you are for your use only. Please do not give your child your security code or allow them to enter the code on the keypad.

Parent Column
Contact directors if you wish to submit a column for the Lil Noles Newsletter. Submissions due a month in advance.

Requests for posting tuition early
If you have a special circumstance that requires your tuition to be posted prior to the 1st of each month please email your request including when you need the tuition posted and the reason for early posting.

Tuition Rates.
Tuition rates are assessed according to parent status. Non-refundable registration fee $10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care divided over 12 months. Tuition is due on the first day of the month; late by the 10th day.

Student Rate
Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered as student for the preceding spring semester and upcoming fall semester.

Pell Recipient/Eligible student (under Infant and Toddler Center CCAMPIS Grant)
To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

Military Connected Family student (under Infant and Toddler Center CCAMPIS Grant)
To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

Faculty/Staff Rate
Parents must be employed as an FSU faculty member, OPS, USPS or A&P staff member, FSU Visiting Scholar/ Researcher /Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

School Readiness Subsidies.
Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.
The above image shows the origin and tracks for July during the hurricane season, however hurricanes can originate in different locations and travel much different paths. http://www.nhc.noaa.gov/climo/
Last month we worked on “Travel and Vacation” and “Down by the Pond”. First we packed up our suitcases and headed on vacation. We sent post cards, rode on airplanes, trains, boats and cars. We visited so many wonderful places and had so much fun along the way! Then when we got to the pond. We made frogs and fish out of construction paper, ducks, lily pads and turtles. We are continuing Water Days for the summer. We each go one day a week for the whole summer to splash in the baby pools out back!! It is so much fun and keeps us cool on these hot summer days!!!!

To start off this month we are celebrating America and the Fourth of July!!! We will make handprint American flags and glitter fireworks!!! We even made red white and blue streamers and had a July 4th parade around school. For the rest of July we will be going “Under the Sea” and “Down by the Seashore”!! This is one of our favorite units, we have so much fun with this one! We will finger paint sharks, paint big blue whales with water colors, make an under the sea collage along with many other under the sea friends. We will make sand dollars and sand castles. We will play with our sea shells in the sand table and sea animals in the water table and in our pools on splash day. We will sing “five little fish” with our finger puppets and one of our favorite songs called “baby shark” along with many others. We will be reading Rainbow Fish by Marcus Pfister, Touch and Feel Under the Sea by Beck Ward, Five Little Sharks Swimming in the Sea by Steve Metzger to name a few.

***Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.
Be a hero.

Spill the water!

Mosquitoes bite and make us itch. They also spread diseases that can make people very sick.

Mosquitoes lay their eggs in water that sits in containers outside. Water can sit in many things. Name the things in the picture list that can hold water.

Go to www.SpillTheWater.com for the answers, and to learn more about mosquitoes.

Be a hero.

Spill the water!
Traveling with Infants and Toddlers

Summer is here, time for Vacation and visiting family and friends. Here are some tips on traveling with Infants and Toddlers to make your trip a smooth one.

- First and foremost, PLAN ahead. Make lists of all the things you will need for your child while you are away from home.
- While on your trip it is important to keep routines as normal as possible. Infants and Toddlers need to have the structure that they are used to. Parents should not bend the rules just because they are away from home. Try to maintain your child’s sleeping habits.
- Feed your child before departure to avoid discomfort and irritability.
- Keep favorite toys, books, and songs on hand for entertainment. If possible have a new bag of toys for your child to enjoy while traveling. Finger puppets are most enjoyable for you to play with your child.
- Bring along child proofing equipment to ensure safe accommodations.
- If flying, sucking is essential. Remember to pack something for your child to suck on during take off and landing. The sucking motion will help your child’s ears. This might be a pacifier, bottle, or sippy cup.
- Pack plenty of diapers and a change of clothes for you and your child. Estimate one premium diaper for every hour of travel. They are better so you won’t need to change as often.
- Bring plenty of wipes and one or two cloth diapers to help clean up messes.
- Plenty of plastic baggies to store dirty clothes, diapers, and clean outfits.
- Bring blankets or cover for the babies crib. The feel and smell are familiar and that will help your child feel at home.

Remember, Vacations are supposed to be fun, and with proper planning, yours will be.
What Lives in a Shell?
From School Library Journal
PreSchool-Grade 1-The diversity of shelters in the animal world—bird nests, ant tunnels, and the cave of a bear—is contrasted with the nature and function of the self-contained housing of snails, turtles, and some crustaceans and mollusks. The softly toned watercolor illustrations amplify the text and show children in different settings observing various shelled creatures. The transient nature of the hermit crab is described, as is the scallop's shell-snapping mode of mobility. Zoehfeld places less emphasis on scientific names but includes broader coverage than Douglas Florian's Discovering Seashells (Scribners, 1986).

Peppa Pig and the Great Vacation
Mummy Pig, Daddy Pig, Peppa, and George are off to the warm, sunny seaside. It’s too bad Goldie the goldfish can’t come along, but Granny Pig and Grandpa Pig will look after Peppa’s beloved pet. There’s lots to do on vacation — send postcards, have pizza for lunch, take a nature walk, and of course go to the beach. It’s a great vacation indeed, and Granny Pig and Grandpa Pig have taken very good care of Goldie. Maybe too good! Amazon.com

Miranda’s Beach Day
From Booklist
Miranda and her mother enjoy time at the beach soaking in the sights and sounds. With two other children, Miranda builds “the best castle ever” for a small crab. When the tide washes the castle and crab away, Miranda is sad, but before heading home her mother reassures her that the castle belongs to the sand and the crab to the sea. Watercolor and collagraph (printed collage) illustrations featuring large expanses of sand and sky, with Miranda and the other characters strategically placed, give this a peaceful feel in keeping with the comforting message of the text. Details, such as the salty sand sticking to the child’s skin, allow small children to vicariously enjoy a quiet beach day with Miranda. The final page features a brief text and photos explaining the process of making the collagraph illustrations. Preschool-Kindergarten.

Welcome to the Beach
The story of a little boy on his first beach adventure. While collecting shells, the young explorer encounters a classroom of starfish, a diving turtle, crabs storming a sand castle and many more fantastic scenes. The book is designed for ages 2-6, providing opportunities to practice counting and object identification, learn about beach life and stretch the imagination. Amazon.com
June was filled with fun and laughter at the Children’s Center! We began the month with an ocean study and enjoyed learning about the different facets of the water. We then ventured into the Final Frontier and learned about space! We learned about the planets in our Solar System, space travel, and different types of stars in constellations. Finally, we ran away with the circus! We learned about different features of the circus and even practiced our tight wire skills! We really enjoyed having a member of the FSU Circus come and juggle for us!!

July will begin our continent study where we will be traveling all around the world! Our adventures will take us to Africa, North and South America, and Antarctica! Some of our art projects will include making our own Zamponas (South American instrument) out of straws and designing Maasai necklaces (African beaded jewelry). We will be locating these continents on our classroom globe as well as looking at the children’s atlas. Some of the books we will be reading include *The Leopard’s Drum: an Asante Tale from West Africa* by Jessica Souhami and *Sophie Scott Goes South* by Alison Lester.

We have been having so much fun on Splash Day Fridays!
Family cook out activities

Make it a sweet and festive event with a candy-filled piñata. While the thought of a cookout conjures up images of grilled foods and cool drinks, there's so much more to enjoy than just the menu. Keep your youngsters entertained with activities that every guest can from the starting line to finishing line carrying a patty on a spatula -- first one across wins. You can change up the game and see how many each player can get in a box before time runs out. If you didn't have time to make the patties, that's okay – have a traditional egg-and-spoon race instead and see who makes it to the finish line with the egg still intact.

Cookout Prep Time
A cookout just isn't complete without some decorative crafts to adorn the patio, backyard or campsite. Make some paper flowers ahead of time to adorn each picnic table, thread silk flowers onto yarn to make floral garlands for outdoor umbrellas or along the fence tops or make some leis for a luau-themed cookout.

Let the Games Begin
Before you get the fires stoked for dinner, help your little munchkins get some energy out with some fun family games. You can warm up with a simple game of lawn darts, but make sure you've got a set with child-friendly ends instead of points. If you've got a large crowd at your cookout, organize a child-friendly game of capture the flag or football. When you're gasping for breath and your preschoolers are still roaring to go, hand over some inflated balloons and see who can pop the most. If you've got toddlers at your cookout, skip the balloon game and move on to other activities instead to avoid dangerous latex pieces on the ground.

Off to the Races
If you've still got some energy left in you, get everyone involved in a burger-patty relay race. Make some fake hamburgers ahead of time from cardboard or modeling clay. Have each little tyke and adult race keep the balls wet. You can make the balls easily from sponges cut into strips. Gather six to eight strips together in one hand and cinch them through the middle with a zip tie. Cut off the excess tie and voila – you have soft, water-absorbing balls for a soaking good time on a hot day.

Scavenger Hunts
Prepare a written or pictorial list ahead of your cookout filled with items to find around the backyard or campsite. You can include things like particular types of leaves, a caterpillar, rocks, flowers and weeds. Send your little tykes out scavenging to find every item on the list. If your munchkin isn't reading-ready quite yet, host a different type of scavenger hunt. Collect a few paint swatch cards in different colors and have your little guys search for items around the yard or campsite that match the swatches.

Water Fun
Set up a water sprinkler to keep your little group cool on a hot summer's day. If you don't have one, or a sprinkler's just too mundane for your taste, prepare for a water balloon battle in a fierce fight to the most-drenched. When you have toddlers around, you may want to skip the water balloons in lieu of something gentler. Make some water sponge balls and provide your munchkins with buckets of water to stack on top of each other for a competition to see how high they can go. You can also use sponges to create a water game where each player has to paddle a sponge across a small pool without letting it sink. If you're planning on having a water balloon fight, make sure to have plenty of water and soap on hand to wash away the mess afterwards.

A Roasting Good Time
Use a cookout as an opportunity to introduce a variety of different foods to your little munchkins. In addition to the traditional fare of hot dogs and hamburgers, you can grill up some veggies, such as squash, tomatoes, and green and red peppers. If you have picky eaters who won't go near a hamburger, make some custom pizzas on the grill, decked with everybody's favorite toppings. For dessert, introduce the family to the wonders of grilled pineapple, strawberries and bananas served over ice cream or pound cake.

Keep in mind food safety all through the summer months, especially during your family cookouts below are some flyers that will help you have a safe cookout with your family.

Hello Parents! Are you aware that illnesses from *Salmonella* spike in the summer? And that the overwhelming majority of hospitalizations from *Salmonellosis* occur in children under 5 years of age? Be ready this summer to take action and reduce the risk of infection in your family!

We’re getting you ready for a **Summer without Salmonella** with these **Quick Tips**!

### DON’T RINSE RAW CHICKEN
This spreads germs around the kitchen and is not a food safety step.

### COOK CHICKEN TO 165°F
Always use a food thermometer.

### WASH YOUR HANDS
Before all meal preparations.

### ALWAYS USE SOAP
For effective hand washing.

---

**Recognize the Symptoms**

- Abdominal Cramps & Tenderness
- Fever
- Diarrhea

A child might show these symptoms of gastroenteritis in a range from 12 to 72 hours.

**Kids under 4 are 4.5 times more likely to acquire bacterial infections from food compared to adults.**

- WASH HANDS, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- WASH HANDS with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.

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**Salmonella is common & can be found in many types of foods.**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>PREVENTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw or undercooked eggs, poultry and meat</td>
<td>Cook to safe internal temperature</td>
</tr>
<tr>
<td>Raw or unpasteurized milk or other dairy products</td>
<td>Buy and consume only pasteurized milk and dairy products</td>
</tr>
<tr>
<td>Raw produce</td>
<td>Rinse all fresh raw fruits and vegetables just before eating</td>
</tr>
</tbody>
</table>

For more tips go to www.fightbac.org/summer
**SKY ZONE TRAMPOLINE PARK**

**TODDLER TIME**

Up to 90 minutes of exclusive jump time for ages 4 and under! Only $7 per toddler. Each jumper is required to wear Sky Socks ($2 per pair - yours to keep and re-use) Parents can interact and assist from the trampoline pads at no charge, but no adults are allowed to jump on trampolines during Toddler Time.

- Saturdays: 9:00am-10:30am
- Sundays: 10:00am-11:30am

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**Kids Club at Michaels**

- **When:** Saturdays, 10:00 am - 12:00 pm
- **Location:** 1524 Governors Square Blvd, Tallahassee FL 32301-3020
- **Cost:** $2 per child
- Drop in. Take home a completed project. Just $2 per child for 30 minutes of creative craft fun, supplies included. Ages 3 and up.

**Family Game Day at the Library**

- **When:** Saturdays, 12:00 pm - 3:00 pm
- **Location:** various library branches
- **Cost:** Free

Life size games of Hungry Hungry Hippos, Jenga, and Pac-Man! Website: cms.leoncountyfl.gov

**Families in Nature at St. Marks Refuge**

- **When:** Second Saturday of each month 11:00 am - 2:00 pm
- **Location:** St. Marks National Wildlife Refuge, 1255 Light-house Road, St. Marks
- **Cost:** Free

Engages the whole family in scavenger hunt, crafts, and other activities. Different theme each month. Free after refuge admission. Reservations made by calling (850)925-6121.

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**STEM Saturdays at Tallahassee Museum**

- **When:** Saturday, July 23, 2016, 10:00 am - 1:00 pm
- **Location:** Tallahassee Museum 3945 Museum Drive, Tallahassee, FL 32310
- **Cost:** Free with Museum Admission

Explore Science, Technology, Engineering and Mathematics through the lens of the Museum’s expansive grounds and collections. Learn more about our natural environment and how to be stewards of the land, along with exploring the animal collection and what makes them part of this native habitat. STEM activities will be offered in the Discovery Center, and at other locations of the Museum depending on the weather. When you arrive for STEM Saturday, be sure to ask admissions where the activities will be located!
Canada Day
July 1
Canada Day is a celebration of Canadian nationalism, heritage and pride. Canada became self-governing on July 1, 1867, with the passage of the British North America Act (BNA Act) in the British Parliament. The holiday was originally known as "Dominion Day". It was changed to Canada Day by the Canadian Parliament on Oct. 27, 1982.

Independence Day
July 4
Although July 4th is celebrated as America’s official split from Britain’s rule and the beginning of the American Revolution, the actual series of events show that the process took far longer than a single day. Taxation without representation! That was the battle cry of the 13 colonies in America who were forced to pay taxes to England’s King George III with no representation in Parliament. As dissatisfaction grew, British troops were sent in to quell any signs of rebellion, and repeated attempts by the colonists to resolve the crisis without war proved fruitless. The original resolution was introduced by Richard Henry Lee of Virginia on June 7, 1776, and called for the Continental Congress to declare the United States free from British rule. On June 11, 1776, the colonies’ Second Continental Congress, meeting in Philadelphia, formed a committee with the express purpose of drafting a document that would formally sever their ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Roger Sherman and Robert R. Livingston. The document was crafted by Jefferson, who was considered the strongest and most eloquent writer (nevertheless, a total of 86 changes were made to his draft!) The final version, the document that we know as the Declaration of Independence was officially adopted by the Continental Congress on July 4, although the resolution that led to the writing of the Declaration was actually approved two days earlier.

The following day, copies of the Declaration of Independence were distributed and, on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document.

On July 8, 1776, the first public readings of the Declaration were held in Philadelphia’s Independence Square to the ringing of bells and band music. All of this had occurred with some of the delegates to the Congress not even present; New York, for example, did not even vote on the resolution. The custom eventually spread to other towns both large and small, where the day was marked with processions, oratory, picnics, contests, games, military displays and fireworks.

Observations throughout the nation became even more common at the end of the War of 1812 with Great Britain. On June 24, 1826, Thomas Jefferson sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C. to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter, that Jefferson, who was gravely ill, ever wrote. In 1941, Congress declared July 4 a legal Federal holiday. Today, communities across the nation mark this major midsummer holiday with parades, fireworks, picnics and the playing of the "Star Spangled Banner." Countries who celebrate their own Independence Day:

**Afghanistan:** August 19

**Argentina:** July 9
**Bahamas:** July 10
**Belgium:** October 4
**Botswana:** September 30
**Brazil:** September 7
**Chile:** September 18
**Dominican Republic:** February 27
**Finland:** December 6
**France:** July 14
**Ghana:** March 6
**Greece:** March 25
**Haiti:** January 1
**Iceland:** June 17
**India:** August 15
**Indonesia:** August 17
**Jamaica:** August 6
**Jordan:** May 25
**North Korea:** September 9

**South Korea:** August 15
**Latvia:** May 4
**Lebanon:** November 22
**Morocco:** March 2
**Nigeria:** October 1
**Norway:** June 7
**Panama:** November 3
**Philippines:** June 12
**Poland:** November 11
**Romania:** May 9
**Russia:** June 12
**Sri Lanka:** February 4
**Tajikistan:** September 9
**Turkey:** October 29
**Vietnam:** September 2
**Zimbabwe:** April 18
Because an event can cause anxiety and fear in a child, parents need to make sure that their children feel safe. Explain to them that these events are rare and that reassure them that you are doing everything you can to make sure that they are safe and that their family is safe.

The type of information that you give to your child will depend on their developmental level. In general, it is not necessary or helpful to go into the gory details of an event. For very young children, experts recommend only talking about an event if a child asks. Encourage your child to ask questions and be honest with your answers. Children need to understand, on their level, what is happening in order to feel secure.

Let your child express their feelings. Acknowledging that an event was terrible and that you are sad too helps a child understand that their feelings are normal. Sometime younger children will not express interest in talking about an event or expressing their feelings. Often times children will process an event and return with questions or to talk about how they feel. It is important for them to know that they can come to you at anytime to talk.

The deluge of media attention of tragic events here and worldwide can be overwhelming for adults. Imagine what it is like for children. The next time you are in the grocery store notice the reading material that is at children’s eye level. Although you may not be able to totally isolate your child from images of these events you do need limit exposure to disturbing images on television, online and print media. Because of their developmental level children have a hard time sorting out the incoming information. Repetitive video loops, camera angles and close-ups are confusing. Children do not understand that what they are seeing in not right outside their front door.

Parents need to observe their children for behavioral changes that could signal that they are experiencing stress. Children who become overly clingy, have trouble sleeping, showing signs of aggression could be having difficulty. Parents may need to provide their child with more reassurance, love and time to talk.

Any tragic event leaves us all reeling with the sense of helplessness and shock. Although we may never understand why these events happen we can help our children and each other to cope. We need to talk with each other, help and love each other and be strong for each other. In doing this, we are able to build a resilient and supportive community around us that is there in times of celebration and the most difficult times.

May you be well.
May you be healthy.
May your heart be at ease.

BATMAN VS. SUPERMAN: DAWN OF JUSTICE

The aftermath of the battle between Superman (Henry Cavill) and General Zod is still felt in Metropolis, leaving many distrustful of the Kryptonian, including crime-fighting billionaire Bruce Wayne (Ben Affleck). Convinced that Superman is now a threat to humanity, Batman sets out to stop his reign, while Lex Luther (Jesse Eisenberg) launches his own plot against the Man of Steel.

RACE

This film follows the true story of Jesse Owens (Stephan James, SELMA) from his time as a star track athlete at Ohio State University in the 1930’s on his journey to the Berlin Summer Olympic Games. Under the guidance of his coach (Jason Sudeikis), Owens must overcome oppression and racism to prove he is the fastest man alive.

EDDIE THE EAGLE

After being cut from the British Olympic ski team, Michael “Eddie” Edwards (Taron Egerton) travels to Germany to test his skills at ski jumping where he runs into a former ski jumper turned snowplow driver (Hugh Jackman). Despite an entire nation counting him out, Eddie takes his never-say-die attitude all the way to the Winter Olympics. From the producers of KINGSMAN: SECRET SERVICE, this film is based on true events during the 1988 Olympic Games.

HARDCORE HENRY

A man wakes up in a Moscow laboratory to discover that he has been transformed into a half-man, half-machine creation with no memory as to how he got there. The scientist who transformed him claims to be his wife, but before she can install his voice module she is kidnapped, putting Henry on a path to get his wife back. Hardcore Henry is filmed entirely in first person point of view.

ZOOTOPIA

The city of Zootopia is an urban jungle. Literally. When the first bunny cop, Judy Hopps (Ginnifer Goodwin) is appointed to Zootopia police force she is eager to jump into a mysterious new case, aided by Nick Wilde a shifty fox (Jason Bateman). Judy finds herself embroiled in a plot to change Zootopia forever. This animated Disney feature also stars Shakira, J.K. Simmons, Jenny Slate and Idris Elba.
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- **July 2016**
- Tuition Due on **1 July**
- Independence Day on **4 July**
- Centers Closed on **4 July**
- Late fee for unpaid tuition on **10 July**
- Charlotte's Birthday on **10 July**
- Allan's Birthday on **17 July**
- Ms. Morgan's Birthday on **17 July**
- Luke's Birthday on **14 July**