

# CONNECTIONS

Volume IX, Issue XI .....A Publication of the Hull Public Schools June, July & August

## Summer Safety Tips

Summer is here and thousands of kids across Massachusetts are out of school. Summer vacation is a great time for parents to relax and spend more time with their children, but new activities and changes in schedules can create a number of challenges.

More outdoor activity occurs and greater risks to your child's safety occur.

The Children's Trust Fund of Massachusetts offers parents a few tips that they should consider when talking to children about summer safety.

1. Never leave a child alone in a vehicle.

Leaving children unattended in a car during hot weather is the leading cause of motor-vehicle-related fatalities nationwide for children under the age of 14.



2. Teach children the buddy system. Children are safer with another child than they are alone. They can use the system even when an adult is watching them in public areas.

3. Teach children to check with the adult in charge first. Teach children to check with the adult in charge before changing plans. This starts as early as 4 or 5 when moving around a large playground/park area.

4. Help them to identify trusted adults. Talk openly about whom a child should go to in an emergency. Cite specific examples of a police or fire man, the cashier at the store or another parent with children.

5. Teach children telephone skills and identifying information. Between ages 3 & 4 children should know their first & last names and address. Here in Hull where children get lost frequently on the beach, teach the child how to identify where you sit each time at the beach- my children learned early on that they needed to stay in front of the red roof when in the water.

6. Teach them to use appropriate safety equipment such as helmets or wrist/knee pads when on a bike or roller blades/skates, life jackets on boats. It is the law in

Massachusetts that children under the age of 16 must wear a helmet on a bike. If at all possible wear the equipment yourself, children learn best by example.

For additional hints on summer safety and how to keep your child safe in multiple settings, contact the Children's Trust fund at (888)775-4543 for the free brochure "10 Ways to Keep Children Safe" or go online to [www.mctf.org](http://www.mctf.org)



## Happy Father's Day!!!

Look inside for summer fun activities and keep our calendar with an entire summer of fun.

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*Published by Maggie Ollerhead & Joan F. MacDonald*

# Hull Early Childhood Advisory Council

## Community Partnerships for Children

### **Free** **"FUN FRIDAYS"**

The Highland Street Foundation is sponsoring free admission on "Fun Fridays" at a different location each week this summer.

#### **July 3rd:**

Museum of Science  
(617)723-2500  
www.mos.org

#### **July 10:**

JFK Library & Museum (617)  
514-1600  
www.jfklibrary.org

#### **July 17:**

**Boston Harbor Island Alliance:**

free ferry transportation to the Harbor Islands  
(617)223-8530  
www.islandalliance.org

#### **July 24:**

Franklin Park Zoo  
(617) 989-2692  
www.zoonewengland.org

#### **July 31:**

Boston Children's Museum  
(617)426-6500  
www.bostonkids.org

#### **August 7:**

Plimouth Plantation  
(508) 746-1622  
www.plimouth.org

#### **August 14:**

Stone Zoo  
(781) 438-5100  
www.zoonewengland.org

### **From the CPC Coordinator's Desk.....**

*By Maggie Ollerhead - mollerhead@town.hull.ma.us*

Nothing new is going on at CPC since the last newsletter. There are no new CPC scholarships available and probably won't be for the beginning of the fall school year. As always, if you think your family may qualify for a scholarship please contact me so I can add you to the Central Waitlist. The waitlist is statewide and as children move on to kindergarten and leave preschool programs the waitlist will be utilized on a first come, first serve basis. So, please call me and leave a message with your name and address and your child's name and date of birth and I will add your family to the waitlist. You can also email me at the address above. I will continue to keep you updated in the newsletter and by sending any updated information to the preschools in the area.

I wish everyone a happy and healthy summer.

### **Quick ideas for Summer play**

**Here are games for rainy day indoor play:**

\***Hide and Seek** - Be sure not to hide too well when you play this game, because this scares toddlers.

\***The Chase Game** - Chase anyone or anything.

\***Play "Ring-Around-the-Rosie."**

\***Have a sock fight** - Use balled up old socks as balls and play catch or use them to have an indoor snowball fight.

\***Act out nursery rhymes.**

\***Play "Follow the Leader."**

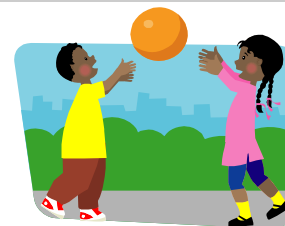
\***Practice** climbing or going down the stairs. Be certain to supervise carefully.

\***Make** a fort under the table when it is draped with a sheet.

\***Dance** to music!

**Some outdoor activities: Water Play** for fine motor, pre-math and pre-science skills. As summer approaches, one way to cool off is to play in the water. It is also a great way to help preschoolers and toddlers build strong fingers and hands. Playing in a plastic pool with funnels, small plastic pitchers, measuring cups, bulb-type baster, squeeze bottles, plastic tubing, sponges and boats, is a great way to help your child's fine motor AND brain development.

*Source: from "The Teaching Parent," a newsletter for parents of preschoolers by Nancy Kristensen, for Family Information Services, Mpls, MN, 2002,*



## Hull Early Childhood Advisory Council

### Hull Family Network

#### Note from the HFN Coordinator:

Joan F. MacDonald, [jmacdonald@town.hull.ma.us](mailto:jmacdonald@town.hull.ma.us)

When I first started working on the newsletter at the end of May, my note was completely different. I had hoped that we would be funded at a slightly lower rate or possibly even at the same rate. Our lead agency, the Massachusetts Department of Early Education and Care contacted us to inform us that we should write our renewal grants for 65% less than our previously cut budget. During the month of June, my head has been spinning, trying to figure out how & what we can offer to families to meet the most families' needs. On top of the programmatic concerns, I also have to feel for the staff that I need to lay-off and my own family that will be affected by these cuts. It seems as if almost daily I have had Karen adjusting the June calendar based on our need to finish this year's spending and plan for our next year.

Currently, our plans for the future are:

- ◆ A structured 2 & 3 Year old group in the summer paid for by the First Early Intervention Program.
- ◆ Starting on September 14th, we will begin to offer 4 play & learn groups and one drop-in time each week. Groups will run for 6-8 week sessions and registration will be done by lottery. We will begin to fundraise and write for additional grants to expand services and hours.

#### Summer Beach Tips

The beach offers a variety of free and fun play time for children of all ages.

- ◆ Baby powder works like magic to remove wet sand from children in diapers as the talc in the powder dries out the moisture in the sand so it slides right off with the brush of a hand or t-shirt.
- ◆ Label all beach toys to help when cleaning up at the end of the day. Expect your toddler to want to try everyone else's toys on the beach as they will want to try yours.
- ◆ A small blow up pool can be used to contain a child just learning to crawl or if you have large free form folding gate it can be used to coral toddlers.
- ◆ Place a home wrist band made of tape and permanent marker on your child's arm with your cell phone number, beach location and address so that if they wander off, adults can help him find you more easily.

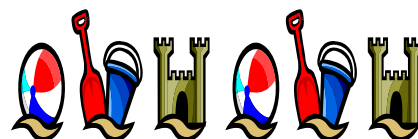


#### Free "FUN FRIDAYS" Continued

**August 21:** Peabody Essex Museum (978)745-9500  
[www.pem.org](http://www.pem.org)

**August 28:** Museum of Fine Arts (617)267-9300  
[www.mfa.org](http://www.mfa.org)

**September 4:** Springfield Museums (800)625-7738  
[www.springfieldmuseums.org](http://www.springfieldmuseums.org)



#### Looking for Help

- ◆ We are looking for anyone with experience with the Filemaker Database Software to help us update our Hull Family Network Database. Please contact Joan at [jmacdonald@town.hull.ma.us](mailto:jmacdonald@town.hull.ma.us) if you can help.
- ◆ Do you have experience fundraising or grant writing? If you can assist form a committee to help restore programs at the Hull Family Network. Contact Joan if you are interested. A committee will meet this summer.

# HULL PUBLIC SCHOOLS

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Hull, MA 02045

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Check our website for additional  
events and information at  
[www.town.hull.ma.us](http://www.town.hull.ma.us)  
click on the Hull Schools link

This newsletter is a  
collaboration of  
Hull Family Network  
&  
Community Partnerships for  
Children

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Education and Care

## What is the Hull Family Network?

The Hull Family Network supports all parents and caregivers who have children prenatal through age three. Our goal is to help parents create and maintain a healthy family environment as well as to promote family well being through parent education and community support.

Funded by the Mass. Dept. of Early Education and Care through a grant to the Hull Public Schools, the Hull Family Network provides playgroups, parent education workshops, parent support groups, family activities, and information on parenting and community resources. By providing family recreational activities and playgroups, we hope to help parents build connections that will extend beyond the HFN Center and be a support to them. By providing parent education workshops, support groups, and having an extensive parenting lending library, we hope to help parents enhance their child-rearing skills.

Our programs are free to all residents of the town of Hull who are pregnant or have children through the age of three. Most of our programs are offered at our center which is located at 180 Harborview Rd. We are open Monday-Friday 8:30- 2:30, and Tuesday until 7:30 p.m. and are always happy to meet a new family.

## Father's Day Craft

Soap on a rope is good, clean fun!

Here's a fun and easy craft that will make any dad happy on Father's Day: soap on a rope! So, forget the usual gifts this year, gather the following materials and get ready to have some good, clean fun. (This craft is for older kids with adult help)

### MATERIALS

3 white bars of soap (Preferably, Ivory®)

Cheese grater

Twine (1/4 inch thick)

Cookie cutters (basic, shapes)

Disposable gloves

Warm water

Wax paper

Big mixing bowl

Food coloring (optional)

### METHOD

Grate the white soap bars into a large bowl. Add warm water slowly until mix is like a thick oatmeal. For colored soap, add food coloring--but remember to wear gloves since food coloring will stain hands. Mix and set aside. Lay out wax paper, then cut twine long enough so it can hang in the shower. Pat soap mixture into a ball around twine. Make sure twine is in the center of the ball. Place ball and twine on wax paper until dry (about 24 hours).

### EXTRA TIP

Put soap mixture into basic cookie cutter (one that doesn't have fine detail) such as a heart or star shape. Pack tightly. Let dry for 72 hours or for three days. When the soap is dry, pop it out of the cookie cutter and you have a heart or star-shaped soap. Happy Father's Day!

I hope your dad enjoys the gift, and don't forget to make a card.

