

# CONNECTIONS

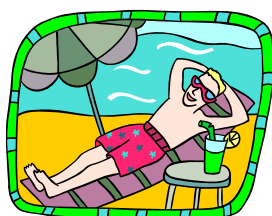
Volume VIII, Issue I ..... A Publication of the Hull Public Schools ..... Summer 2007

## 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) Adapted from the Children's Trust Fund News Release



Look inside for a variety of community events for the entire family. The Hull Family Network calendar covers both July and August so be sure to save it and flip it over to stay on top of all the fun this summer.

*Inside this issue:*

CPC news	2
Workshops & events	insert
Calendar	insert
Hull Family Network	3
Parenting Tips	4

Published by Maggie Ollerhead & Joan F. MacDonald

# Hull Early Childhood Advisory Council

## Community Partnerships for Children



### John Powers Music Concert

Friday, July 20th  
at 6:30 pm  
Village Playground

John is a member of the POP Stars, a band comprised of a group of dads who perform original songs about fatherhood.

These songs collectively describe their roles and observations on such things as potty training, sleep deprivation, breast feeding, spelling dangerous and divergent words like "cookies", in laws, unwanted parental advice, spilt milk, and the myriad spectrum of joys and challenges fatherhood has to offer. The result is a light-hearted and poignant look at fatherhood combined with a Folky "POP" beat that is a guaranteed good time for all.



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

By Maggie Ollerhead - [mollerhead@town.hull.ma.us](mailto:mollerhead@town.hull.ma.us)

I will be updating and reprinting the CPC scholarship packets for the upcoming school year as soon as I get the new forms (late July) and they will be available throughout the summer. As usual, first priority will be to the families that received CPC scholarships this year.

Please check the eligibility requirements to see if your family qualifies for a scholarship. If you think that you may be eligible or have any questions, please call me at (718)925-0771 x27 or stop by the Hull School Administration Building located at 7 Hadassah Way to pick up an application.

**Eligibility Requirements**—To qualify for a scholarship parents/guardians must: \*Be a resident of Hull \*Have a preschool age child \*Work full or part time, seeking employment or attending school \*Be income eligible based on family size. The maximum income for your family size is listed below.

Two	Three	Four	Five	Six
\$3,978	\$4,913	\$5,849	\$6,785	\$7,720

### What Can I Do Now?



Here are some easy activities for kids for those rainy days - or any time "there's nothing to do". Write a letter to a friend, a grandparent, or another relative by cutting out words from magazines, newspapers or other printed material. The letter isn't finished until the envelope is properly addressed, stamped and mailed. If you travel on vacation this summer bring home the brochures, maps, etc... to use with this activity.

Younger children can cut out a picture they like or want to write about. An adult or older sibling can help hunt words, if necessary.

Provide materials for a nifty coat hanger cover - coat hanger, paper, glue or tape, markers. Kids can figure out how to attach the paper to the hanger, and how they wish to decorate it.

Play ball inside with rolled up socks for a ball and a clothesbasket or wastebasket for a basket. The game can be easy or hard, depending on where - and how far away - the basket is located. Adapted from *Growing Together* June 2007



# 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)*

We have had our first week of playgroup and are happy to see many familiar faces. Many of you may note if you look at our actual calendar versus the playgroup schedule that the drop-in time originally scheduled for Tuesday evenings is quite reduced. This is due to scheduling of music concerts on other nights of the week, my vacation or a monthly board meeting that I attend on Tuesday evening. If you are looking for a drop-in time on the weeks when one isn't scheduled, consider calling to see if I am in the office that Tuesday afternoon and you can come in for a change of pace. I am typically in the office doing paperwork so I don't mind someone coming by if I am here.

For those who we will not see this summer at playgroup, a concert or drop-in, enjoy and we hope to see you in September.

### Get out and Go this Summer

Summer is a great time to get out, explore and try some local events.

The South Shore Mom's & Dad's guide has a website with listing for a variety of activities, [www.momsanddadsguide.com](http://www.momsanddadsguide.com) Local resources listed include:

\*Musician's and storytellers through the Cohasset Library (781) 383-1348. The website is [www.cohassetlibrary.org](http://www.cohassetlibrary.org) but there are no specifics, and it requests you call the library directly to register.

\*The Trustees of the Reservation, [www.thetrustees.org](http://www.thetrustees.org), offers a variety of programs at Weir River Farm, World's End geared towards preschool and elementary aged children.

\*The Hingham Library, [www.hinghamlibrary.org](http://www.hinghamlibrary.org) offers age specific story times and family movie times.

\*The Hull Public Library holds story time on Wednesday at 10 a.m. weekly July 5th through August 2nd. In addition they have a variety of free museum passes and typically offer a couple of special programs during the summer.

(781) 925-2295 [www.town.hull.ma.us](http://www.town.hull.ma.us)



### Wayne Potash Music Concert

Thursday,  
August 16th  
6:30 p.m.

Village Playground  
Rain location for both  
concerts is the HFN  
Center, questions call  
(781) 925-0771 x16

### Save your beach memories

Materials:

*Shells, sea  
glass, rocks*

*Mix 1 part  
white glue*

*With 6 parts  
sand*

*(you may need  
more sand so*

*have extra available)*

Shape the sand into a castle or other favorite beach shape. Decorate with items from your day at the beach. Allow to harden (will dry hard as a rock).



# HULL PUBLIC SCHOOLS

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Hull, MA 02045  
781.925.0771

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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

Sponsored by grants from the  
Massachusetts Department of Early  
Education & 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 Education 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 7 Hadassah Way. 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.

## Zipped-up Flip Flops

Footwear trends may come and go, but the flip-flop has long reigned as the unofficial shoe of summer. Your kids can stand out in the beach crowd with the following decorating ideas to make their flips truly hip.

### WHAT YOU NEED

- Flip-flops
- Assortment of small plastic toys
- Assortment of different colors of embroidery thread
- Googly eyes
- Glue
- Beads or jingle bells
- Permanent markers

Try one or more of these craft ideas.

- ⇒ Attach small plastic toys, such as goldfish, with a hot glue gun.
- ⇒ Wrap the straps with different colors of embroidery thread.
- ⇒ Make a smiley face by gluing pairs of googly eyes onto the thongs, then painting your toenails red.
- ⇒ Tie on beads or jingle bells with short strands of embroidery thread.
- ⇒ Use permanent markers to draw on patterns or write your name.

