



THE WEEKLY MEMO

2021-2022, Issue #36 - June 27, 2022- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

INSIDE

- 2) How to protect yourself in the sun
- 4-6) Frozen Fruit Pops

Corny Joke of the week:

Why did the teacher jump into the pool?

Because they wanted to test the water!

Weekly Memo Submission

Please send your PDF's, jpecs, and text to

Angie Salazar-

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By Thursday @ 12 p.m.

Meetings and Trainings

June 27 —Monday

- 9:00-10:00 PFCE Weekly Teams Meetings

- 10:00-11:30 ED Dept. Meeting, TEAMS

- 10:00-11:00 NEO Conversation, Blue Building Conf. Rm.

June 28—Tuesday

- 1:00-2:30 Management Team Meeting, TEAMS

June 29 —Wednesday

- 9:00-10:30 Department Directors Meeting, MO Blue Conf. Rm.

- 1:00-2:00 Onboarding Updates, TEAMS

June 30 —Thursday

- 9:00-10:00 PFCE Dept. Meeting, TEAMS

July 1 —Friday

- 8:00-10:00 Education Planning

- 10:00-11:30 Center Meeting, TEAMS

July 4 —Monday

- Holiday

July 5—Tuesday

- 1:30-2:30 PC Executive Committee Meeting, TEAMS

July 6 —Wednesday

- 8:30-4:00 SHINE Leadership Training, Bear Hotel

- 1:00-2:00 Onboarding Updates

- 3:00-4:30 Head Teacher Cohort

July 7 —Thursday

- Duration Ends
- SHINE Leadership Training Day 2, Medford Library

- 9:00-10:00 PFCE Dept. Meeting, TEAMS

July 8 —Friday

How to Protect Yourself and Your Family From the Sun

Exposure to ultraviolet (UV) light can be harmful to your skin. In fact, most skin cancers are caused by too much exposure to UV light. UV light mainly comes from the sun. But harmful UV light can also come from tanning beds and sun lamps. There are things you can do to help reduce exposure to UV light – for yourself and your children.

Children need special attention to keep them protected from the sun. They usually spend more time outdoors and burn more easily. Babies younger than 6 months old should be kept out of direct sunlight. They should also wear hats and protective clothing. Sunscreen used on babies should only be put on small areas of exposed skin.



Use sunscreen and apply it correctly

Sunscreen can help protect your skin from the sun's UV rays. Use products with broad-spectrum protection (against both UVA and UVB rays). And choose a sunscreen with a sun protection factor (SPF) of 30 or higher.

Be sure to check the expiration date. Sunscreen is usually good for 2 to 3 years. And don't forget to protect your lips by using a lip balm with sunscreen.

Sunscreen needs to be put on at least every 2 hours, but check the label just to be sure. Sunscreen can wash off when you sweat or swim and wipe off with a towel. So, sunscreen may need to be reapplied more often, even if it is "water resistant."

Tip: Use at least 1 ounce of sunscreen (about a shot glass or enough to fill the palm of your hand) to cover your arms, legs, neck, and face.

It's important to remember that sunscreen is just a filter. It does not block all UV rays. Use it, but take other steps to protect yourself, too.



Stay in the shade

Staying in the shade is one of the best ways to help prevent UV exposure. Try to stay out of direct sunlight between 10 a.m. and 4 p.m., when UV light is strongest.

Tip: Use the shadow test to see how strong the sun's rays are. If your shadow is shorter than you are, the sun's rays are the strongest. Be sure to protect yourself.



Wear clothes to cover your skin

Long-sleeved shirts, long pants, or long skirts cover the most skin and are the most protective. Some clothing is made with UV protection.



Wear a wide brim hat

Be sure that your hat protects the eyes, forehead, nose, scalp, and ears. A hat with a 2- or 3-inch brim all around is best.



Avoid tanning beds and sun lamps

Tanning devices can cause long-term skin damage and increase your risk of skin cancer.



Wear sunglasses that block both UVA and UVB rays

Large-framed and wraparound sunglasses protect best. Children need smaller versions of protective adult sunglasses – do not use toy sunglasses.

Even with sunscreen, you should limit the amount of time you spend in the sun. Sunscreen does not block all UV rays.

For more information, go to [cancer.org/sunsafety](https://www.cancer.org/sunsafety) or call our 24/7 helpline at **1-800-227-2345**.



[cancer.org](https://www.cancer.org) | 1.800.227.2345

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Frozen Fruit Pops



Makes: 4 servings

Total Cost: \$\$\$\$

These frozen fruit pops contain fruit, juice, and low-fat yogurt to create a refreshing treat on a summer day.

Ingredients

- 1 cup crushed pineapple
- 1 cup yogurt, low-fat fruit (8 ounces)
- 6 us fluid ounces orange juice, frozen concentrate (thawed)

Directions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

Source:

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Nutrition Information

Serving Size: 1 fruit pop, 1/4 of recipe

Nutrients	Amount
Total Calories	121
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	38 mg
Carbohydrates	27 g
Dietary Fiber	1 g
Total Sugars	26 g
Added Sugars included	7 g
Protein	3 g
Vitamin D	0 mcg
Calcium	107 mg
Iron	0 mg
Potassium	285 mg

N/A - data is not available

MyPlate Food Groups



 Fruits 1/2 cups
 Dairy 1/4 cups

This information was derived from MyPlate [Frozen Fruit Pops | MyPlate](#)