



# THE WEEKLY MEMO

2022-2023, Issue #40 - July 10, 2023- 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) Head Start Memories
- 3-4) All Work & No Play
- 5) Cooking for Groups
- 6) Summer Pet Safety
- 7) Sunscreen Facts
- 8) Corny Jokes

## Meetings and Trainings

### July 10 —Monday

- 12:30-3:30 Hold for HS & EHS Interviews, Virtual

### July 11 —Tuesday

- 11:00-12:00 Hold for Cook Assistant Interviews, Library

### July 12 —Wednesday

- 9:00-10:30 Department Directors Meeting, Blue Building Conf. Rm.
  - 9:00-1:00 NEP, Library
- 12:30-3:30 Hold for HS and EHS Interviews, Virtual
- 1:00-2:00 Hold for Cook Assistant Interview, Library

### July 13 —Thursday

- 8:30-9:30 Health Dept. Meeting, Library
- 9:30-12:30 Hold for HS and EHS Interviews, Library
  - 10:00-1:00 Hold for FA Interviews, Virtual

### July 14 —Friday

- 8:00-10:00 Center Meeting: Center A
- 11:00-1:00 Center Meeting: Center B
  - 1:00-2:30 CPR Hands-On Class

Don't Let Yesterday  
Take Up Too Much  
Of Today.

Will Rogers

### Weekly Memo Submission

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

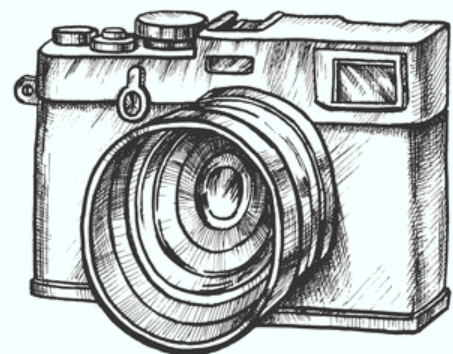
Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

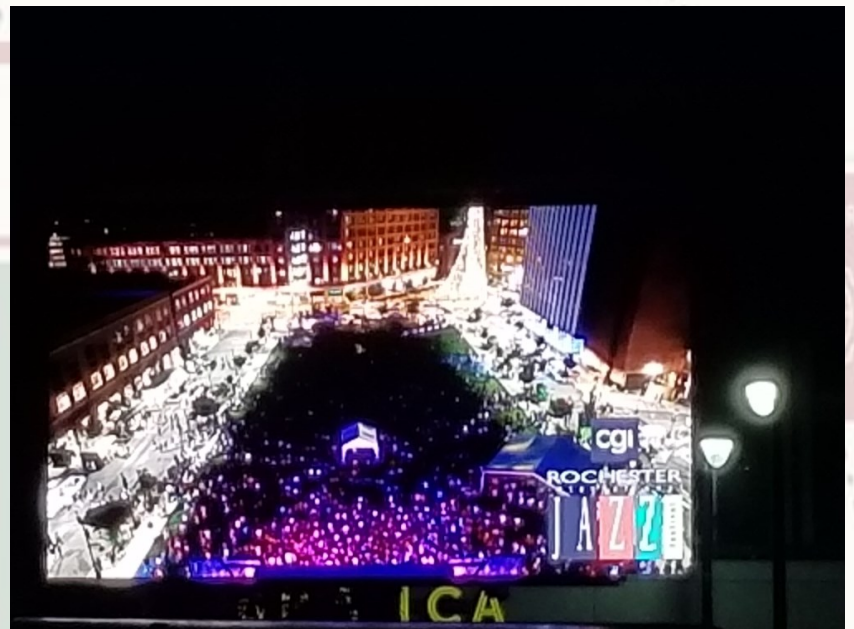
# Head Start Memories

No Specific Date



# "All Work & No Play Makes Steve & Casey Dull Boys"

Sharing some pictures from Steve's vacation in New York & Casey's in Virginia!



Submitted by: Steve Kruchoski



PASSPORT



# Cooking for Groups

## Reheating Food

Reheat cooked food to at least **165 °F**

In the microwave

On the stove top



Do not use a chafing dish, warming tray, or slow cooker to reheat food – this leads to **too much time in the Danger Zone!**

## Keep Hot Food Hot

Cooked food should be held at or above **140 °F**

Use heated chafing dishes, warming trays, or slow cookers to keep hot food hot

## Keep Cold Food Cold

Store food in the refrigerator at **40 °F** or below

Place cold food in containers on ice to keep food below **40 °F**

## Serving Food

Use clean containers and utensils to serve food

## Two-Hour Rule

If perishable food is kept at room temperature, do not leave it out for more than **2 hours**



**140 °F**  
**DANGER ZONE**



### What is the DANGER ZONE?

Temperature range (between 40 °F and 140 °F) where bacteria multiplies quickly.



For more summer food safety tips, go to

**FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



# HOW TO KEEP YOUR FURRY FRIENDS SAFE AND HAVE FUN DURING THE DOG DAYS OF SUMMER!

## DO

KEEP ANY ALCOHOLIC DRINKS AWAY FROM ANY CURIOUS NOSES AND CLEAN UP ANY SPILLS RIGHT AWAY



GIVE YOUR PETS PLENTY OF FRESH WATER WHILE SPENDING TIME OUTDOORS



MAKE SURE YOUR PETS' ID TAGS AND MICROCHIPS ARE UP-TO-DATE

KEEP YOUR PETS AWAY FROM HERBICIDES, INSECTICIDES AND FERTILIZERS AS WELL AS RECENTLY TREATED AREAS

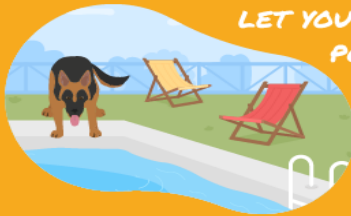


## DON'T

LET YOUR PET GO NEAR FIREWORKS



SHAVE YOUR PET TO KEEP THEM COOL



LET YOUR PET DRINK POOL, OCEAN OR LAKE WATER



LEAVE YOUR PET UNATTENDED BY ANY LARGE BODY OF WATER



SHARE BBQ OR PICNIC FOOD WITH PETS

LET YOUR PETS SNACK ON PLANTS OUTSIDE



## NEVER

LEAVE YOUR ANIMALS ALONE IN A PARKED VEHICLE

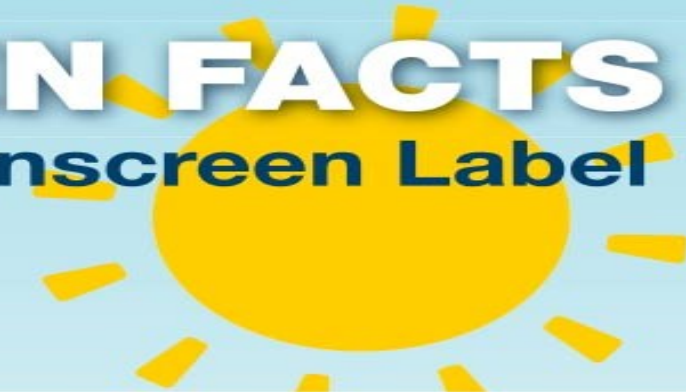


FOR MORE INFORMATION, VISIT [aspc.org/apcc](http://aspc.org/apcc)

ASPCA | (888) 426-4435  
Animal Poison Control Center

# SUNSCREEN FACTS

## Decoding Your Sunscreen Label



### SPF (30, 45, 60+)

The higher the SPF number, the more UV rays are filtered out, providing greater protection when exposed to the sun. SPF 30 filters 97% of UVB rays and is always the minimum SPF recommended.

### Broad Spectrum

Indicates protection against both UVB and UVA rays. UVB rays burn the skin and cause cancer. UVA rays penetrate deeper into the skin causing skin aging, wrinkles, greater damage and cancer. **SPF less than 15 does not provide broad spectrum protection.**

### Active Ingredients

Ingredients that provide protection from UVB and UVA rays and the amount used in the product. Physical, mineral sunscreens use zinc oxide and titanium dioxide which lay on the skin and block UV rays from penetrating the skin. Chemical sunscreens use ingredients like avobenzene, homosalate, oxybenzone and others, that soak into the skin and protect by absorbing UV rays.

### Warnings

Provides information about allergies, sensitivities, age restrictions for use and what to do if you experience a reaction to using the product. Read carefully.

### Directions

Indicates how to use and how frequently to apply the product for maximum protection. One ounce of sunscreen (enough to fill a shot glass), is considered the amount needed to cover exposed areas of the body.

### Inactive Ingredients

Ingredients used in formulating the sunscreen that do not offer any protection against UV rays. Read carefully for ingredients that may irritate sensitive skin or that you may be allergic to.

### Water Resistant

States the amount of the time the sunscreen provides protection when swimming or sweating from physical activity and should be reapplied. The FDA prohibits sunscreens from claiming to be waterproof.

#### Drug Facts

##### Active Ingredients

Ingredient Name XX%

##### Purpose

Sunscreen

##### Uses

- helps prevent sunburn
- decreases risk of skin cancer, skin aging

##### Warnings

For external use only

Stop use and ask a doctor

Do not use

##### Directions

- apply liberally 15 minutes before sun exposure
- reapply:
  - how often after swimming or exercising
  - how frequently

##### Inactive ingredients

Other ingredients added such as alcohol, fragrance, lotions, oils, water and other chemicals used to formulate the product.

**WATER RESISTANT  
(XX MINUTES)**



**Stephanie Mehlis, MD, Dermatology at NorthShore, says make sure you cover all exposed areas of your body.**

# Corny Jokes

Where did the ghost go to for his vacation?



He went to Maliboo.

© CONFESSIONS OF PARENTING

Where does a cow stay when it is on vacation?



A moooooo-tell!

© CONFESSIONS OF PARENTING

What did the kid say when the instructor told him he'd missed summer school?



"No, sir. I didn't miss it at all."

© CONFESSIONS OF PARENTING

Where do ghosts like to boat on vacation?



Lake Eerie.

© CONFESSIONS OF PARENTING