



## ROOSEVELT ISLAND DAY NURSERY

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### **4 RIVER ROAD - SUMMER PROGRAM**

As the beginning of summer approaches, we are making final plans for our camp program.

#### **SCHEDULE**

The camp begins on Monday, June 29, and runs until Friday, August 21.

The camp hours are either 8:00 am to 12:00 pm, 8:00 am to 3:00 pm, or 8:00 am to 6:00 pm. As usual, we will be open at 8:00 a.m. to accommodate the needs of parents who must leave the Island early. Please remember that half-day children do not have lunch in school and should be picked up promptly at 12 noon.

#### **OUR TEACHING STAFF**

This year our summer program staff will include several current teachers.

#### **SWIM PROGRAM**

The swim instruction will start the second week of camp, Monday, July 7th in order to give the children time to settle in and then end on Thursday, August 20th. This year the children will be taking swim lessons at the Manhattan Park Pool.

#### **Here's how the swim program works:**

We have the use of the pool for one hour, two mornings a week on Tuesdays and Thursdays. The children are divided into two groups and each group has a half hour of instruction. We will have a swim instructor provided by Manhattan Park and one RI Day Nursery teacher in the water. Each child swims **one-on-one** with his/her instructor and has several turns to swim each session. When waiting for their turn the other children sit on the side of the pool and are supervised by an additional lifeguard provided by the Manhattan Park Pool as well as other RI Day Nursery staff.

The aim of the program is not necessarily for all the children to learn to swim (which is unrealistic in less than two months), but to help children feel comfortable and safe in the water and to begin to learn basic skills. It is very exciting to see their growth and progress with every session. We will send home a swim progress report at the end of each month.

## **CLOTHING**

It is important to dress your children in play clothing that they can put on and take off easily. For water play, each child **MUST HAVE A PAIR OF WATER SHOES**, either the kind made of stretch fabric or the kind that buckle on (“jellies”), not flip-flops. Flip-flops fall off the children’s feet and it is important for the children’s shoes to be secure in order to avoid preventable accidents in the playground. We usually discourage sneakers because of the use of sprinklers at the playground during playground play.

Please have the children wear their bathing suits under their clothes in the morning **every day** and bring underwear to change into after water play. The children will need a beach bag each day with a clean, dry towel and their underwear and regular shoes. Please remember to rinse out and dry the bathing suit each evening.

The children will change back into their regular shoes once the water play is finished for the day.

**PLEASE LABEL ALL CLOTHES, BATHING SUITS, SNEAKERS, WATER SHOES, AND TOWELS WITH A PERMANENT MARKER.**

## **SUNSCREEN**

Now that the weather dictates that your child’s skin may be more fully exposed to the sun, we strongly encourage you to apply sunscreen to your child’s skin at home or upon arrival at school.

However the Department of Health’s regulations do make it permissible for school staff to apply sunscreen in a regulated manner. Therefore, if in consultation with your pediatrician it is determined that your child’s skin care needs dictate a reapplication of lotion over the course of the school day, you may fill out the necessary paperwork in the 4 River Road office. We also recommend that you send your child to school with a hat (labeled with his or her name) to be worn during outdoor time.

## **SNACK**

We will continue our snack program during the summer and ask you to provide a wholesome snack such as fruit, vegetables, quick breads, cheese and crackers when it is your family’s turn to do so. Please do not send cookies or cake for snack unless your child is celebrating a birthday in which case you can arrange with the teachers to bring in a special treat that day. Please have the snack prepared and ready to eat. For example: fruit and vegetables cut up, etc. The school will provide water.

**REMEMBER... THE RI DAY NURSERY IS A PEANUT (AND NUT)-SENSITIVE ENVIRONMENT. THERE ARE ALSO OTHER FOOD ALLERGIES AND RESTRICTIONS AMONG THE CHILDREN IN THE GROUP THIS SUMMER. PLEASE KEEP ALL OF THE FOLLOWING INFORMATION IN MIND WHEN CHOOSING SNACK ITEMS TO SEND IN.**

## **LUNCH**

Full-day children will have lunch in school at 12 noon. Please send lunch in a LABELED lunch box or bag and include fruit or other nutritious treats for dessert instead of cookies and cakes. We want to encourage the children to eat a healthy lunch and they often pass over their nutritious food if too tempted by sweet treats. As mentioned above we have a child with identified nut allergies in our camp program therefore it is important that **lunches are also nut-free** this summer.

### **REST**

All full-day children are required by regulation of the Department of Health to have a rest period. The school provides each child with a cot but we ask that you bring in a LABELED flat sized sheet (in a LABELED plastic shopping bag) for your child to use while resting. Soft snuggle toys are permissible.

### **MEDICAL FORMS**

The children are required by the New York City Department of Health to have an up-to-date medical form on file. If your child's medical expires before the summer session, **please be sure to return the form we sent you before summer camp begins.**