

# WELCOME!!

Welcome to the Painted Rock ESS summer program. We have a wonderful summer planned with exciting field trips and activities that your child will really enjoy!

Please read through this brochure carefully. It is filled with important summer program information for you and your child. If you have any questions or concerns, please call us at 487-1437 or e-mail us at [ecullen@powayusd.com](mailto:ecullen@powayusd.com) or [sheer@powayusd.com](mailto:sheer@powayusd.com).

## Program Hours / Sign In and Out

Our summer program begins on Monday, June 14, 2010 and concludes on Thursday, August 19, 2010. Our hours remain the same for summer: 6:30 am to 6:00 pm. A late fee (\$1.00/minute/child) will be charged after 6:00 pm. Your child must be signed in at the ESS building each day. No curb drop-offs please! An authorized person with proper picture ID must sign out your child from ESS.

## Summer Fees

	First Child	Second Child
June 14– 30	\$286.00	\$243.10
July	\$483.00	\$410.55
August 2- 19	\$322.00	\$273.70

All fees are due on the first of the month. The summer fee includes: ESS summer T-shirt, all field trip & bus fees and an afternoon snack.

## Vacations and Absences

Tuition will be pro-rated when two weeks prior written notice on a fee adjustment form for vacation is submitted. Credit is given in five-day increments only. There are no refunds for absences due to illness or partial attendance. Please call us at 487-1437 if your child will be absent from ESS. You may leave a message on our answering machine if we are out of the center.

## Important Dates

Painted Rock ESS will be closed on the following dates:

Professional Growth Days:

Wed.-Fri. – June 9-11

Monday, July 5– In observance of Independence Day

Professional Growth Days:

Fri. -Tues. - August 20- 24

Wednesday, August 25 - First Day of School!

## Medication

Your child must have a PUSD Authorization for Medication Release on file with Painted Rock ESS before ESS staff can administer medication (prescription or non-prescription). Medication such as sunscreen, cough drops, or chapstick, the parent need only complete the release form. For all other medications, a parent and doctor must complete the form. (Completed and signed forms may be faxed to us at 487-5141.) We will still need to keep all medications in our locked cabinet and administer them as required. The medication must be in its original container with the label and directions intact and have your child's name on it.

## Sunscreen

We strongly recommend putting a long lasting waterproof sunscreen on your child before arriving at ESS each day. "Bullfrog" is one brand you might consider using. When you bring in sunscreen for your child, he/she will be applying it and won't always get every spot covered. For total coverage, parents always do the best job! Thank you.

ESS WILL SUPPLY ROCKY MOUNTAIN  
SUNSCREEN FOR KIDS ON POOL AND BEACH  
DAYS!!

## Snacks, Lunches and Toys From Home

If your child would like a morning snack, please pack it in his/her lunch. We suggest fresh fruit, granola, juice, etc.

Please provide a lunch and disposable drink each day except where noted on the calendar. No glass containers, please. It's important to remember that ESS does not have the space for refrigeration of lunches. We are unable to microwave your child's lunch. Please plan accordingly.

On field trip days, each child is responsible for carrying his/her own lunch. Backpacks are suggested, or pack lunches in a disposable plastic sack that has a handle.

During the summer, children may bring a toy from home on Thursdays only . ESS is not responsible for loss of toys or personal belongings.

D.S., Game Boys and other electronic equipment will only be allowed on certain days that will be posted ahead of time. Please label all lunch boxes, backpacks, and clothing (this includes beach towels!) with your child's name.

## Fancy Footwear

As a safety precaution, any sandals worn by your child while at ESS this summer must have a back strap support. We strongly recommend comfortable closed-toe shoes to be worn on all field trips.

## Field Trips

Field trips are an important part of our summer program. Individual field trip permission slips are required for each child. We require individual signatures for each trip. (Please refer to the summer field trip form).

Please remember to have your child wear his/her ESS Summer T-shirt on ALL field trip days. Do not send extra money for field trips unless otherwise stated on our calendar of events page or prior notification is given by the ESS staff.

If your child will not be joining us for a certain trip, other childcare arrangements will need to be made. All Painted Rock ESS staff will be attending the field trips.

## Weekly What's Up

Reminder schedules will be posted on Mondays. Please read for additional information for field trips and/or special events.

## Schedule Changes

Field trips, special events, and guest speakers are subject to change at a moment's notice due to unforeseen circumstances. Your understanding is greatly appreciated.

## Phone Calls

ESS asks for your cooperation in not calling the morning of field trips to ask questions that may have been answered in this brochure or on the White Board in Room 1 of the ESS Building. Please try to address any particular field trip issues prior to the day of the field trip. This will help make preparation for departure from the center a little less hectic.

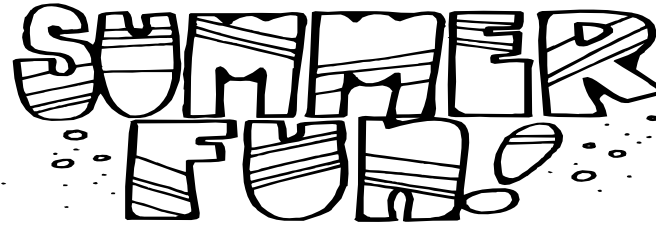
The ESS staff will each take turns providing themes and projects for the children to do during the summer. The theme for each week is listed on the summer calendar.

### RECREATIONAL SWIMMING

On every other Friday, we will be going to Ned Baumer Aquatic Center following the movie at Edwards Theater in Mira Mesa. We will ride the bus over to the pool area, eat lunch, and swim from 1 to 3 pm.

Please have your child wear his/her swimsuit under their clothes on those Fridays. The children are encouraged to bring a backpack so that they can carry their own lunch, beach towel (labeled, of course!!), and a change of clothes if desired.

REMEMBER: Flip-flop shoes are not allowed except at the pool!!



### DAILY SCHEDULE

6:30 – 8:15 am	ESS opens/inside activities
8:15 – 9:30 am	Attendance, announcements, free play outside
9:30 – 10:00 am	Snack
10:00 – 10:15 am	Cleanup/regroup
10:15 – 11:30 pm	ENRICH Projects/Games
11:30 – 1:00 pm	Lunch and outside free play
1:00 – 2:30 pm	Computer Lab, Wii or Board Game Room
2:30 – 3:30 pm	Snack provided by ESS Outside free play
3:30 – 4:30 pm	Projects/Games
4:30 – 5:30 pm	Outside Play
5:30 – 6:00 pm	Quiet games/ clean- up; ESS closes

# Painted Rock ESS

16711 Martincoit Road  
Poway, CA 92064

Eleanor Cullen – Supervisor  
Sylvia Heer- Lead Assistant

Phone – 858-487-1437  
Fax – 858-487-5141  
Cell - 760-703-8074

Hours: 6:30 am – 6:00 pm  
Monday – Friday

E-mail – [ecullen@powayusd.com](mailto:ecullen@powayusd.com)  
[sheer@powayusd.com](mailto:sheer@powayusd.com)