



Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

JULY 2025



Hydrate and Stay Healthy

This summer has been a scorcher, and dehydration is a serious health concern for all ages. The best drink for children over the age of 6 months is water. The health benefits of drinking enough water are innumerable, and kids should be encouraged to choose water instead of juice or soft drinks.

One way to make water more interesting for children is to freeze fruit inside ice cubes. They can even help you fill the trays! Special water bottles or cups with silly straws can make drinking water more fun. It's also easy to make your own popsicles with pureed fruit for a summer cool-down.

Children under age 2 should not drink sugary beverages. Even 100% juice should be limited, with no more than 4 ounces per day for ages 1 to 3. Flavored milk is higher in sugar and should be avoided.

Learn the signs of dehydration so you can act quickly. If you notice fewer wet diapers, a lethargic child, no tears when crying, dry lips, flushed skin, and a sunken soft spot, offer milk or water quickly. If you have any concerns about dehydration or a heat-related illness, don't hesitate to call your pediatrician. If your child becomes extremely lethargic or unresponsive, vomits, stops sweating, or complains of severe abdominal pain, head to your local emergency room or call 911.

Take a few minutes to pack water bottles before your family heads out the door. Model good behavior by choosing to drink water, and your child will learn healthy habits that last a lifetime.



Employee of the Month



This month we want to highlight our Chef Kendall! She does an amazing job remembering what everyone loves to eat and what their allergies are. She whips up delicious and nutritious meals.

Ms. Kendall has a bond with every child and every teacher! Thank you, Ms. Kendall!



4th of July Parade

Our 4th of July parade will be on Thursday, July 3, starting at 10:00. Parents are encouraged to come watch or join in. School Age and Pre-K students will walk to Cherokee Rose Nursing and Rehabilitation next door, and they will pass out cards they made.



July Birthdays

Aubree B. - July 7
Jameson T. - July 14
Cohen A. - July 19
Hudson S. - July 19

Fun Celebrations

National French Fry Day - 7/11
National Sour Candy Day - 7/18
Nat. Worlds Friends Day - 7/19
Splash Day - Every Friday

Important Dates

July is Hot Dog Month
Independence Day - July 4
(*Endless Discoveries will be closed.*)
National Ice Cream Day - July 20
Parents Day - July 27