

Endless Discoveries PARENT NEWSLETTER

SAGINAW

JULY 2025



National Chef Day



July 16 is National Chef Day, and we would like to recognize Ms. Debbie for all her hard work and dedication, so we will be devoting not only this day to her but the whole month of July! Thank you, Ms. Debbie, for all you do! It never goes unnoticed!

Important Dates

Nat. Graham Cracker Day - 7/3
(Graham crackers for snack.)

Endless Discoveries will be
Closed on Friday, July 4.

National Hawaii Day - 7/7
(Please come dressed in Hawaiian.)

Nat. Mac & Cheese Day - 7/14
(Endless Discoveries will be having
Mac & Cheese for lunch on this day.)

Fun Celebrations

4th of July Parade - 7/1
(Dress in Red, White & Blue
and bring your decorated riding toys!)

Teddy Bear Snack Picnic Day - 7/10
(Everyone is invited to bring your
teddy bear to school and enjoy a picnic
with your teddy bear and friends.)

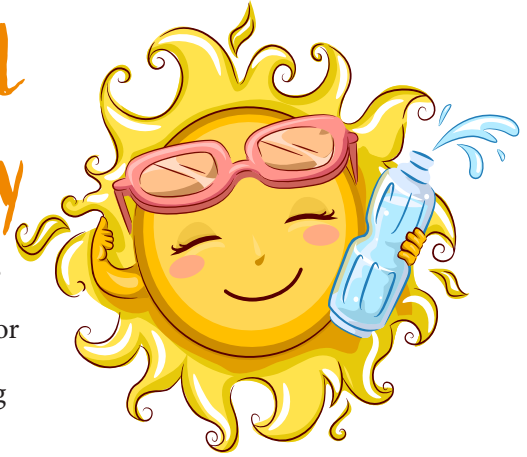
Hydrate and Stay Healthy

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.

July Birthdays

Luka S. - July 6
Kobie J. - July 7
Grace N. - July 9
Gavin D. - July 13
Penelope T. - July 14
Casen S. - July 17
Josefina C. - July 18
Gryffin P. - July 19
Miley L. - July 24
Benjamin G. - July 25
Christopher M. - July 25

Staff Birthdays

Ms. Sanela - July 2
Ms. Kim - July 20
Ms. Jazmyne - July 30

Staff Anniversaries

Ms. Benedie - 1 Year - July 8
Ms. Tina - 15 Years - July 13
Ms. Kristi - 4 Years - July 23
Ms. Sanela - 1 Year - July 29

Happy 4th of July!