



Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

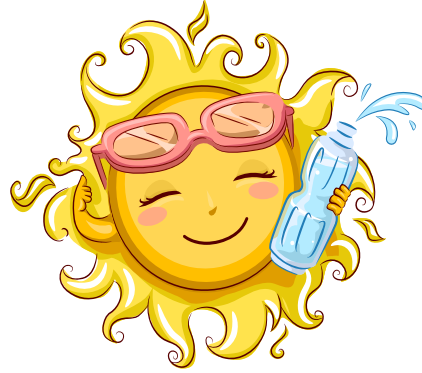
JULY 2026



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



We want to introduce Ms. Melaina, our co-teacher in Summer Camp! She just graduated from college with a teaching degree, and she will begin her first year as a public school teacher in 2026.

Stop by our School Age room and say hello!



Remember that Endless Discoveries will be closed on Friday, July 3, in observance of Independence Day.

Fun Celebrations

- National Freezer Pop Day - 7/8
- Embrace Your Geekness Day - 7/13
- Tell an Old Joke Day - 7/24
- International Day of Friendship - 7/30

Important Dates

- July is Hot Dog Month
- Independence Day - July 4
- National Ice Cream Day - July 19
- Parents Day - July 26



4th of July Parade

Our 4th of July parade will be on Thursday, July 2, starting at 10:00. Parents are encouraged to come watch or join in.



July Birthdays

- Reyna S. - July 5
- Westyn P. - July 7
- Griffin J. - July 10
- Beckett M. - July 13
- Henley H. - July 17
- Jordan G. - July 17
- Hudson D. - July 19