



Endless Discoveries PARENT NEWSLETTER



SAGINAW

JULY 2026

Happy 4th of July

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

July Birthdays

Luka S. - July 6
Kobie J. - July 7
Aiden S. - July 11
Gavin D. - July 13
Casen S. - July 17
Josefina C. - July 18
Gryffin P. - July 19
Benjamin G. - July 25
Adrian D. - July 30

Staff Birthdays

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

Important Dates

National Hawaii Day - 7/6
(Please dress in Hawaiian outfits.)
Nat. Graham Cracker Day - 7/7
National Freezer Pop Day - 7/8
National Sugar Cookie Day - 7/9
Ice Cream Day - 7/19
Parents Day - 7/26

Hydrate and Stay Healthy

Summer in Texas can be 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.

Staff Anniversaries

Ms. Ashlee - 1 Year - July 11
Ms. Tina - 16 Years - July 13
Ms. Kristi - 5 Years - July 23
Ms. Sanela - 2 Years - July 29

Teddy Bear Picnic

Everyone is invited to bring your teddy bear on Friday, July 10, and enjoy a picnic with your teddy bear and friends!



Fun Celebrations

4th of July Parade - 7/2
(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.)

National Chef Month

July is National Chef Month, and Ms. Kristi and Ms. Tonya have been filling in for Ms. Debbie while she's on leave.