

JULY 2018 Newsletter

Creative Minds Preschool

4th of July



We will be closed on Wednesday, the 4th of July. We hope everyone has a safe and happy holiday.

Family Fun Day



Family Fun Day was rescheduled for Saturday, July 21st. Please make a note on your calendars. We will have a waterslide, bounce houses, and more. We are still looking for donations. If you have already made a donation we appreciate your help. There will be a sign-up sheet link sent to you like we did previously.



Friendly Reminder

Just a friendly reminder, please send your child to school in closed toed and closed heeled shoes. This is our policy for their safety. Also, please be sure your child has a change of clothes in their backpack. We are running low on extra shorts; any donations are always appreciated.

SUMMER SAFETY TIPS

Fun in the Sun Everyone enjoys a little bit of summer fun, but it's always important to monitor the weather conditions in extreme heat – especially if you plan on being outside. Here are some tips to keep in mind:

- No matter how long you plan on being out, wear sunscreen with an SPF of at least 15
- Take water breaks every 15 minutes when working or playing outdoors – try to set up a shady or air conditioned recovery area
- Wear a hat and UV-absorbent sunglasses
- Eat small, light meals before outdoor activity
- Listen to Your Body Even after following all the necessary precautions, you should still be on the lookout for overexertion. Overexertion accounts for about 3.3 million emergency room visits a year in the United States, and symptoms can be heightened in the heat. Stop and take a break if you experience the following:
- Dizziness
- Sore or painful muscles
- Pulse higher than recommended exercise pulse for your size and physical condition
- Feeling very hot and sweating profusely
- Low abdominal pain
- Nausea

If you have any questions please feel free to contact Ms. Liz, Ms. Jamie, Ms. Hilda, or Ms. Judy. Thank you!



July Birthdays

Tyler	7/2
Ryan	7/4
Amir	7/8
Peyton	7/11
Brody	7/11
Ella	7/13
Afton	7/13
Lailah	7/13
Ellison	7/14
Braelyn	7/15
Latrell	7/18
Eden	7/22
Penelope	7/23
Elizabeth S.	7/24
Marilyn	7/25
Landon R.	7/25
Luke E.	7/27
Caison	7/27
Hudson L.	7/27
Kaiden	7/29
Korrie	7/29