

PRESCHOOL PRESS

Newsletter for RockPointe Weekday Preschool



Summer Edition 2025



Start-up Dates for Preschool 2025-2026

For those who are registered for the coming school year, here are some dates for your calendar for the beginning of the year:

Thursday, August 28
"Meet the Teacher" Open House
10:00 - 11:00a

Tuesday, September 2
First Day of Preschool
9:00a- 2:00p

A detailed calendar for the school year with holidays and special events will be given out at **Parent Orientation**, which will be in the worship center on the first day of preschool at 9:15 immediately following drop-off. Parents of PreK students are invited to a **PreK Overview** on **Thursday, Sept. 4 at 1:15p**, just before pick-up time.

Fine Motor Fun At Home!

Summer is a great time to get those preschool hands ready for writing, especially when you can provide simple and fun ideas that young children love!

Fingerpainting encourages finger manipulation and control. If you're painting indoors, slip an old t-shirt or apron over your child to protect his outside area. Tape large sheets of paper to the

clothing and use newspaper to protect your driveway and let the kids get messy. When children tire of painting, herd them into the kiddie pool for some water play... and no-fuss clean up!

Water play offers many opportunities for fine motor development. Give children plastic eye droppers and colored water and ask them to fill a small cup. Nesting cups, watering cans, funnels and measuring spoons make great water toys.

Play in the sprinkler. A hallmark of hot summer days is playing in the hose or sprinkler. Children can practice putting on their swimming suit, applying sunscreen, and work on hopping, jumping, skipping, and moving through the sprinkler. And, don't forget about involving the child in setting up and removing the sprinkler and hose, too. Pulling a hose is an opportunity for proprioceptive input that can be very calming.

Chalk line obstacle course. Work on balance, motor planning, and gross motor skill coordination through play using sidewalk chalk to create a driveway obstacle course. Can you hop on lily pads, tiptoe along a bridge, and animal walk on a wavy line?

Trace a friend with chalk on a driveway or sidewalk. Use sidewalk chalk to trace a friend on



the driveway or sidewalk. This is a great activity to develop fine motor skills, and can support development of interoception by drawing internal organs and talking

about how the body works inside and out!





We hope your summer is going swimmingly! But with the North Texas heat and outdoor activities, here are some safety tips to keep in mind for your preschooler.

1. Keep watch at swimming pools.

Summer water safety should be top of mind for parents, regardless if you have a pool in your backyard or visit a community pool. It only takes seconds for drowning to happen. Actively supervise children at all times when in or around water, and make sure you have the right equipment to keep pools safe.

2. Look for signs of heat exhaustion.



Cases of heat stroke spike during the summer months, and this can be life-threatening in children. Prior to heat stroke, kids often show milder symptoms such as heat cramps and heat exhaustion. Make sure children take water breaks and wear lightweight clothing when playing outside.

3. Check for car safety.

Make sure your child's car seat is properly fitted before hitting the road for a family vacation. Never leave a child unattended in a car. The temperature inside a car can rise quickly, and just a few minutes can be the difference between life and death. Establish a routine to check the car before locking.

4. Protect skin from the sun.



Apply sunscreen with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has been in or splashed by water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in sun protective clothing.

5. Avoid bug bites.

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions and cover arms and legs as much as possible.

6. Drink enough water.



Kids are more prone to dehydration than adults, and their risk increases as temperatures rise. The amount of water a child should drink varies by age, weight and activity level. However, a general rule is to take half of your child's weight (up to 100 pounds) – and

that's the number of ounces of water they should drink every day.

7. Don't monkey around.

Playground-related injuries account for more than 200,000 ER visits each year. Always supervise children on playgrounds, choosing the right play equipment for your child's age and skill. In the summer sun, it's a good idea to carefully touch equipment to check for hot surfaces before playing.

8. Wear a life jacket on boats.



If you're heading to the lake to cool off this summer, make sure to bring a U.S. Coast-Guard approved personal flotation device. A properly fitted life jacket is snug yet comfortable, and will not move above the chin or ears when you lift it at the shoulders.

Kitchen Fun!

Summer is the perfect time to get kids involved in the kitchen to explore the world of food prep. When we involve children in the process, we can inspire their love for food and empower them to make healthy choices! Popsicles are a great way to introduce children to different fruits and nutrients!

Homemade Popsicles

- *4 cups fresh or frozen thawed fruit (watermelon, strawberries, raspberries, peaches, mango, pineapple, kiwi—or a combo!)
- *2 tablespoons apple juice or plain yogurt
- *2 teaspoons honey or maple syrup
- *1 teaspoon fresh lime juice (optional)



Add the ingredients to a blender. Blend until very smooth. Taste and adjust sweetness. Pour into ice pop sleeves or popsicle molds. Freeze overnight.

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