

Preschool Press

Newsletter for RockPointe Weekday Preschool



Summer 2026



Start-up Dates for Preschool 2026-2027

For those who are registered for the coming school year, here are some start-up dates for your calendar:

Thursday, September 3
"Meet the Teacher" Open House
10:00 -11:00a

Tuesday, September 8
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 **Tuesday, Sept. 15 at 1:15p**, just before pick-up time.



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.

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— gross motor movements that help lead to fine motor skills. 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 your child 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!



Kitchen Fun!

Summer is the perfect time to get kids involved in the kitchen to explore the world of food prep. When we involve them in the process, we can inspire their love for food and empower them to make healthy choices! Children can arrange the family's breakfast or dinner fruit salad in the classic **ROY G BIV** order of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet)!

Fruit Rainbow

Ingredients (fresh fruit suggestions):

- **Red** – strawberries, red raspberries
- **Orange** – cantaloupe, clementines or mango
- **Yellow** – pineapple
- **Green** – kiwi, green grapes, honeydew
- **Blue/Indigo** – blueberries, blackberries
- **Violet** – purple-hued red or black grapes



Wash/ prepare the fruit, cutting into bite-sized pieces as needed. On a serving plate, kids can arrange the fruit into the shape of a rainbow in order of colors- a reminder of God's promise to Noah (Genesis 9:13-17)!

RockPointe Weekday Preschool

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