



# Kindergarten



## Newsletter

Vol. 2 Issue 10  
June/July 2024

Special Summer Edition



HAVE A  
**COOL**  
SUMMER

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The STEPS Project wishes you a fun, safe and restful summer vacation! Don't forget to protect your family from the heat by following the guidelines on page 3.



# Hydration in the Summer



The amount of water a child needs during the day depends on their age, activity level, and their overall health. When a person is dehydrated, they may feel weak or dizzy, and they may have a difficult time performing physical and mental tasks. If left unaddressed, dehydration can lead to more serious problems, so it's important for parents to keep an eye on their children's fluid intake.

## Recommendations for daily water cup intake for kids

**Ages 4-8  
(girls and boys)**



**Ages 9-13  
(girls)**



**Ages 9-13  
(boys)**



## Understanding Signs of Dehydration



**Thirst**



**Irritability**



**Headache**



**Fever**



**Dark-Colored Urine**

<https://www.nutritionnews.abbott/pregnancy-childhood/kids-growth/hydration-tips-to-keep-kids-at-the-top-of-their-game/>

## Watermelon Agua Fresca Recipe. A refreshing alternative

### Ingredients

- 2 lb seedless watermelon chunks
- 4 cups of cold water
- ¼ cup fresh lime juice
- ¼ cup stevia
- Ice

### Instructions

- Blend watermelon and lime juice until completely broken down into a smooth texture.
- Add the stevia and continue blending until a liquid consistency is achieved.
- Pour the watermelon concentrate into a large pitcher and stir in the cold water and add ice.

<https://www.humnutrition.com/blog/agua-fresca/>

# SUN'S OUT

## PROTECT YOUR FAMILY FROM THESE HOT DAYS!

Infants and young children rely on others to keep them cool and hydrated when it's hot outside. Take the following steps to protect your kids on hot days.



Dress infants and children in loose, lightweight, light-colored clothing.



Never leave infants or children in a parked car, even if the windows are open.



Wear sunscreen and hats to avoid getting sunburned.



Make sure they're drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.

<https://www.cdc.gov/heat-health/heat-and-children.html>

### Sun Protection



**TIPS TO  
SELECT A  
SUNSCREEN  
PRODUCT.**



- Check for "broad-spectrum" on the label; that means it will screen out both UVB (burning) and UVA (aging) rays.
- Check for an SPF of at least 15 (up to SPF 50).
- Remember using any sunscreen is better than not using sunscreen at all.
- Sunscreen may stay visible on the skin even after you rub it on the skin, and some come in fun colors that children can enjoy.

<https://www.cdc.gov/heat-health/heat-and-children.html>



# Fun in the sun @ the RGV!

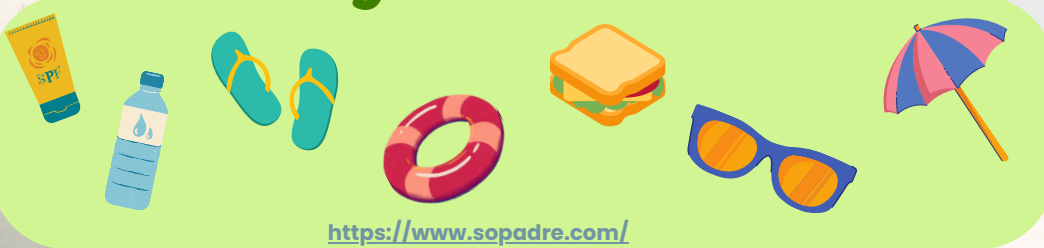
## Enjoy a day at our local beach!

Water Sports, bird watching, fishing,  
and more!

Plenty of restaurants and live  
music venues for the whole family!



## Don't forget the essentials!



## LA JOYA ISD SPORTS & LEARNING COMPLEX

Summer 2024

Swimming  
Lessons



**Level 1 - Beginners ages 5 - 7**

**Level 2 - Beginners/Fundamental ages 8 - 10**

**Level 3 - Intermediate/Stroke Developmental  
ages 11 & 12**

**Level 4 - Advanced/Swim Stroke Improvement  
ages 13 - 15**

**Adult - Beginners Intermediate ages 19 -  
Seniors**

**For more information contact Xavier  
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**1801 Western Rd. Mission, Tx. 78572**

<https://www.facebook.com/LJISDSPORTSANDLEARNINGCOMPLEX>



*Lifeguard  
on  
Duty!*

# Pharr Aquatic Center

Summer 2024



Open to the public!



Swim Lessons!



Aqua Zumba!

Water-based fitness can help people to improve or maintain their health, but the ability to fully enjoy any of these water activities relies on knowing how to swim and how to be safe around the water. Aqua Zumba entails dancing to motivational music with unique dance moves, combinations, water resistance, creating a safe, low impact, and high energy aquatic exercise.

For more information, please call the Pharr Parks and Recreation department at (956) 402-4550.

<https://pharr-tx.gov/parks-recreation/aquatic-center/>

Address:

Pharr Aquatic  
Center 1000 S. Fir  
St. Pharr, TX



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