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Pre-K 4 SA Teaches Water Safety to Students Ahead of Summer Break *Pilot Program with Miss Tristan Foundation includes classroom and in-water instruction*

SAN ANTONIO — With the hot San Antonio summer approaching, [Pre-K 4 SA](#) has engaged with the Miss Tristan Foundation to explore a pilot program that prepares children and families for water safety and swim instruction.

Accidental drowning is the number one cause of accidental death in children under age four. On average, close to 100 children accidentally drown in Texas every year. Nationally, 3690 fatal accidental drownings occur every year including children and adults. This amounts to 11 drownings per day as reported by the Centers for Disease Control and Prevention (CDC). According to statistics, for every fatal drowning, there are eight times as many non-fatal drowning incidents that can result in life-altering, long-term injuries.

“It is our belief that water safety and drowning prevention should be life-saving, necessary information and a skill-set for our families,” Pre-K 4 SA CEO Sarah Baray said. “After extensively examining the program that Miss Tristan provides, and in continuing our commitment to preparing our students for future success, it made sense to pilot this program and explore comprehensive water safety education as part of our overall curriculum.”

Daily in-classroom instruction focuses on one main point of water/pool safety for five days. The instruction then switches to a pool facility with trained instructors providing swim lessons for four days.

“Private and small-group swim lessons can be expensive for families on a budget. The cost forces the mindset that learning to swim is a luxury item, or a ‘someday we will get to that’ concept,” Miss Tristan Foundation Executive Director Melissa Woolard said. “In reality, until the age of four, a child is more likely to die from accidental drowning than they are to choke on food, get into a car accident, fall down a flight of stairs, or any other type of accidental incident.”

The pilot program was offered to 80 Pre-K 4 SA children at no cost to the families. Pre-K 4 SA and the participating children received the instruction with five certified or trained instructors per class, insurance, transportation, classroom curriculum kits, and 80 backpacks with supplemental materials and a life jacket for families.

The Miss Tristan Foundation is a San Antonio-based non-profit dedicated to the prevention of childhood drowning through water safety education and awareness. The curriculum is

derived from a partnership with [Collins Hope](#), a non-profit water safety group from Austin. Pre-K 4 SA teachers adapted the lessons for a more hands-on and interactive format for this pilot.

About Pre-K 4 SA:

Pre-K 4 SA is a comprehensive early childhood initiative aimed at changing the education and workforce trajectory of San Antonio in one generation. Pre-K 4 SA offers full-day pre-kindergarten for 4-year-olds living in the City of San Antonio. Pre-K 4 SA is free for qualifying students and also accepts tuition-paying students. The school day begins at 7:45 a.m. and ends at 3 p.m. Extended hours are available at no additional charge from 7:15 to 8 a.m., and from 3 to 6 p.m. for working families. Breakfast, lunch and two snacks are included and free transportation is available to all students. Pre-K 4 SA has four Education Centers located throughout the city: North Education Center, 3635 Medical Dr.; South Education Center, 7031 S. New Braunfels Ave.; East Education Center, 5230 Eisenhower Rd.; and West Education Center, 1235 Enrique M. Barrera Memorial Parkway. The Gardendale Early Learning Program powered by Pre-K 4 SA is the first replication site and was made possible through a partnership with Edgewood Independent School District. This program creates greater capacity for high-quality early education with both pre-k and kindergarten classrooms. The Pre-K 4 SA Professional Learning program provides pre-kindergarten through third grade educators in San Antonio with complementary continuing education to support best practice instruction to help every child in San Antonio excel. The Pre-K 4 SA Competitive Grants program provides more than \$4 million in funding annually to increase quality and access in early childhood programs throughout San Antonio. Visit www.prek4sa.com for more information.

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