

Hello Families!

Did you know? Students can experience learning loss when they do not engage in educational activities during the summer months. On average, students lose the equivalent of two months of math and reading skills during the summer months. More than half of the achievement gap between lower- and higher-income youth can be explained by unequal access to summer learning opportunities.

READ! STAY ENGAGED:

Encourage reading all summer long. This will help prevent the “summer slide” and provide benefits that can be seen year-round. Visit the local library and help your child put together a summer reading list. Celebrate each time he or she finishes a book, this will encourage them to complete the list by the time the summer ends. Enroll children in a summer enrichment program. Make reading a daily habit. Children learn when their brain is active, even if they're reading fun and easy books.



DISCOVER ART:

Summer is the perfect time to let your child’s imagination run wild and stimulate creativity. Kids.gov provides resources for arts and crafts projects that will keep children engaged and their minds active while having fun.

[NGA Kids](#) – Choose from a variety of activities or projects from the National Gallery of Art, enjoy an animated musical adventure, take a tour through the sculpture garden, and more.

[Smithsonian](#) – Are your children fans of Night at the Museum? Then this is the perfect activity for them. Here you are magically taken to the museums at night. To get back home, you have to solve mysteries and help your new friends find their artworks.

STAY HEALTHY AND FIT

In addition to academic risks, children can also be at an increased risk of weight gain when they are out of school during the summer months. Take advantage of the warmer weather and keep youth active outdoors.

KidsHealth.org – How do you feed a picky eater or encourage a child to play outside? Learn how to keep your child healthy with the right foods and exercise.

[Let's Move!](#) – Opportunities for kids to be physically active, both in and out of school and create new opportunities for families to So here is a list of awesome, innovative ideas to keep your kids engaged during the summer vacation.



MAINTAIN A DAILY JOURNAL:

Bring back the lost art of keeping a diary. Ask your kids to write down daily a bit about what they did that day. They will have fun reminiscing all those memories at the end of the summer vacation or even years later.

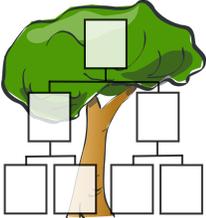
MAKE A SCRAPBOOK:

Let the kids choose a topic – sports cars, cricket, inspirational men and women, a recent holiday you took- whatever excites them. It doesn't have to be on fancy paper. Kids love to cut and paste and it improves their fine motor skills.

HAVE A PRETEND BLACKOUT:

Remember those olden days when blackouts were common? The whole family used to come together around a single candle. To keep ourselves occupied, we used to tell stories, sing songs and play shadow games on the walls. Today kids probably don't know these simple joys. Have a pretend blackout and introduce them to these simple and fun family times. Don't forget to put those gadgets away first though!

MAP OUT YOUR FAMILY TREE:



Help your kids put all those hundreds of cousins, aunts, and uncles into perspective by mapping your family tree as far back as you can remember. Share old photos and stories from your childhood to make your children feel connected and proud of their heritage.

PLAN A TREASURE HUNT:

Organize a good old-fashioned treasure hunt. You can make riddles and puzzles for the clues to encourage kids to get their thinking caps on and stay engaged for longer. Or better yet, let the kids plan a treasure hunt and you find the treasure.

COOK TOGETHER:

Kids love getting involved in the kitchen and there is a sense of satisfaction in eating something they have helped make. Plan cooking and baking [activities](#) together.



INVOLVE KIDS IN CHORES

Involving kids in the household chores makes them independent and teaches them social responsibility. Assign age-appropriate chores such as setting the table, folding laundry, loading the washing machine etc. You can make it fun by making a game out of it or turning on some music and singing along together.

Happy Summering! We will see you in August!
Mrs. Roxie