



May Newsletter 2018

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Here's how to keep kids sharp over summer

Your children's academic intellect is like a muscle. If they don't use it, atrophy sets in.

There's no better example than summer learning loss. Kids in general lose about 1 or more months of math and reading skills over the summer. The loss is even more significant for low-income children.

Short of sending your kids to summer school, you have options to keep them sharp during the summer, said clinical psychologist [Rebecca Lieb](#), director of the [Autism Diagnostic Clinic](#) and [School Success Clinic](#) at Akron Children's Hospital.

The key is to keep it light and build in a reward system, she said.

"Short little bursts of learning is probably the best way to get buy-in," said Dr. Lieb. "Even twice a week for 10 minutes a day is beneficial."

Library programs are ideal. The Akron-Summit County Public Library offers "Mind, Body & Sole," a reading and exercise program that awards prizes and gives out freebies.

"Any program that has a positive reinforcement component is great," Dr. Lieb said.

You could also come up with your own reward program. Have your child do a math worksheet a couple times a week for extra time at the pool or extra screen time.

In addition, cooking and shopping are great ways to keep younger kids sharp. In the kitchen, they have to figure out directions, measurements, fractions and double recipes. The reward could be a batch of cookies or a favorite treat. In the store, have them figure out what 10 percent off means or how sales tax affects the price.

"There are a lot of different ways you can find math problems throughout the day," Dr. Lieb said. "It's a good outcome. They got the shirt they wanted, but they have to use their brain and do the math to figure out the 40 percent discount."

Travel also is an opportunity to sneak in some learning. Have the kids read about historical sites or attractions, hunt for landmarks, calculate mileage or estimate travel time based on speed and distance. If you go to an amusement park, have them read up on roller-coaster physics and apply what they learn.

“They get to ride the coaster. That’s the reward,” Dr. Lieb said.

You can also consider educational apps. Dr. Lieb recommends commonsensemedia.org and PBSKids.org to find the best learning apps.

In addition, an hour a week of tutoring can help a struggling child prepare for the new school year. Teachers often tutor in the summer. Check with your school district for a list of tutors.

Summer is a wonderful time for kids, but the long layoff from school can have a significant impact.

“The first part of the school year is spent reviewing because it’s hard to dive into new material when students aren’t on a level playing field,” Dr. Lieb said. “It’s not just about learning either. Kids have to get into the mode of being a student, of studying, staying organized and getting out of bed 2 hours earlier. That all can have an impact on academics.”

Link to Inside Children’s blog post: <http://inside.akronchildrens.org/2017/06/21/heres-how-to-keep-kids-sharp-over-summer/>

Adolescents: Exercise is wise: 5 ways to stay fit this summer

Feeling sluggish? Get up off the couch and into the great outdoors to get energized. There’s nothing like a blast of sunshine and fresh air to inspire physical activity and brighten your mood. Hey, it’s a matter of your health.

Exercise helps you gain muscle strength and coordination, and increases flexibility. Staying fit also can improve your self-esteem, help you maintain a healthy weight and ward off serious illness, such as diabetes and heart disease.

It’s recommended school-age kids and teens get 1 or more hours of physical activity each day and avoid periods of inactivity of 2 hours or more, unless sleeping.

Here are 5 active, outdoor activities to keep you on the move all summer long. Who said exercise has to mean going to the gym, anyway?

1. Take a nature scavenger hunt. Write down a list of interesting leaves, plants and animals to hunt for and then search for the items on your list during a walk around your neighborhood or a hike in the woods.
2. Ride bikes instead. Instead of driving down the street to your friend’s house or the mall, ride your bike. It’s a great way to get to know your natural surroundings, while keeping fit. Just be sure to follow the rules of the road and always wear your helmet.

3. Play traditional outdoor games. Touch football or capture the flag are usually so much fun that you don't even realize you're exercising.
4. Meet friends at the park instead of a restaurant. You can still hang out at the park and talk, but you're free to take a walk or hike, or play on the playground equipment.
5. Train for a charity fun run. It's a great way to stay fit and learn about setting and achieving goals, while also giving back to your community.

Young kids: 5 fun games to keep you moving all summer long

Be sure to make lots of time for nature this summer. There's nothing like a blast of sunshine and fresh air to turn that frown upside down. But the outdoors aren't just great for your mood, they're important for your health, too.

Outdoor play makes you stronger and more coordinated. It also can improve your self-esteem and protect you from illness, such as diabetes or heart problems.

Here are 5 active, outdoor activities to keep you moving all summer long. There's no need to go anywhere. These games can be played in your own backyard.

1. Caterpillar hopscotch: In your driveway or sidewalk, use chalk to draw a large circle with a caterpillar face and antennae. Then, draw 10 or more smaller circles to create a jumbo-sized caterpillar. You can run from one end to the other, or step or jump from circle to circle.
2. Obstacle challenge: Create an obstacle course using cones, hula-hoops and other household objects. You could step or jump in and out of hula-hoops, run around and in between cones, or crawl under a line of kitchen chairs.
3. Backyard scavenger hunt: Cut out fun shapes or critters using colorful construction paper. You can even color or decorate them. Then, ask a parent to hide them in your backyard. Then, search and find the shapes using a basket or butterfly net. Use a stopwatch to make it even more exciting.
4. Beach ball toss: Using permanent marker, write a different movement, such as jumping jacks, dancing or mountain climbers, on every color on a beach ball. Then, standing across from each other, throw the ball back and forth. Whatever color your hands land on when catching the beach ball, you must do that activity.
5. Sprinkler fun: Free play in the sprinkler is always a good time, but make a game of it and it'll be even more fun. For example, play "Simon Says" with commands such as dance in the water or jump over the sprinkler head.

Immunization Requirements for 2018-2019

The State of Ohio **requires** all students entering 7th grade and 12th grade to have the following vaccinations before entering school in the fall.

1. 7th graders – TDAP and Meningococcal vaccination
2. 12th graders – Meningococcal vaccination

The TDAP booster prevents three deadly diseases caused by bacteria: diphtheria, tetanus, and whooping cough (pertussis). The Meningococcal booster prevents a serious disease that causes inflammation in the brain and spinal cord which is passed by sharing water bottles or cups and kissing.

An Immunization Clinic is scheduled for May 3rd from 9-11 am at the Jr/Sr High School where students can receive immunizations in school after a parent or guardian fills out and sends in the forms found at [..\Immunization clinic\Back to school consent.pdf](#)