

EXTRA SPECIAL EDITION

Parent Newsletter

Summer 2017-2018

Welcome to the Summer Edition of the *Extra Special Edition* for the 2017-2018 school year, the newsletter for exceptional parents of Calhoun County. Each issue contains information for parents regarding children in the Exceptional Student Education (ESE) program in our district.

Everyday Ways to Keep Skills Sharp this Summer

Stop Summer Brain Drain: Everyday Ways to Stay Sharp *By Alexandra Mayzler*

To help students stay fresh without feeling like they are still in school, here are some suggestions for how to sneak in a little learning into daily activities.

- 1. Visit museums.** Cultural centers often have wonderful exhibits and summer programs for kids. Have your child research and pick a day-trip of the week (or month).
- 2. Swap and trade.** Challenge kids with a daily math problem. Have siblings or friends text math problems that they come up with for the other to solve. They'll be busy trying to stump each other while practicing math.
- 3. Write a review.** It's empowering for kids to be able to share their opinions. Have your child write a review for the books he reads over the summer. Post the review on online book sites and get excited when other readers find the review helpful!
- 4. Go on tours.** Explore your town. Visit your local library and ask about summer activities.
- 6. Speak fluently.** Practice makes perfect when it comes to language. Take your child to a restaurant that has menus in different languages. Challenge him to read and order in the foreign language he's learning in school. If not learning a foreign language, have your child read the English menu and order his food.
- 7. Be a critic.** Upgrade family movie night by inviting your child to critique the movie you've watched. Encourage him to read other critics and learn the style of commentary.
- 8. Stop and brainstorm.** When you're driving or walking down a street, every time you come to a stop at a red light, come up with as many words as you can to rhyme with the name of the street. Or if the streets are numbered then add, multiply, or subtract the digits.
- 9. Wikipedia challenge.** Who shares your name? Wikipedia it and dig deeper to learn more. You can find historical figures with your name, or even cities and civilizations that shared your name. Follow back links as topics interest you and see where they take you.

Summer is a great time to turn learning into a game. Think about how daily activities can be turned into mini review sessions so that students feel ready to tackle next year's challenges.

SUMMERTIME

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"We become what we think about." Earl Nightingale



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Best Apps for Screen Time Restriction – Android and iOS

Net Nanny www.get.netnanny.com

Parental Control program works on any device on any network. Has time limit features and features to filter out inappropriate content for kids. Puts parents in control.

OurPact <https://ourpact.com/>

Offers screen time control, restrictions on apps and texts, and a family locator..

ScreenTime <https://screentimelabs.com/>

A parental control app that works on both Android and iOS. With Screen Time you can manage the time your kids spend on their tablets and smartphones. Parental Control app available for Android, iOS and Amazon Fire.

BreakFree For Smartphones— <http://www.breakfree-app.com/index.html>

Monitors the time on screen or on one particular app, and when the time is over the limit, it sends warnings. You can also set downtime to have no internet connections, auto text reply, etc.

unGlue <https://www.unglue.com>

Works across desktops, laptops, smartphones, gaming consoles and any other device you have at home — or even when your kids are in the car or at their friend's house.



Best Apps for Screen Time Restriction – Android

Flipd <http://www.flipdapp.co/>

An Android app that lets you turn off your phone while the app will send out auto-replies to people who contact you during the off time. As parents, you can remotely turn off your child's phone, but you need to set it up first.

App Detox <https://play.google.com/store/apps/details?id=de.dfki.appdetox>

An Android app that help you limit the usage of particular apps, say one game app. It will send warning messages when you spend more time than the limit you set for yourself.

Offtime <http://offtime.co/>

An Android app allowing you to block selected text or calls, and restrict your access to internet and apps. This app lets you focus and find digital balance in a hyper-connected world.

Best Apps for Screen Time Restriction – iOS

Moment <https://inthemoment.io/>

An iOS app that automatically tracks how much you and your family use iPhone and iPad each day. You can set daily screen time limits for each member in the family, you can also set a screen free time.

Dinner Mode <https://itunes.apple.com/us/app/dinnermode/id921581588?mt=8>

With Dinner Mode you're challenged to put down your device, put away your tablet, shut off the computer and enjoy dinner with friends, family, or even by **yourself**.

There is a simple setting option in iPhone and iPad to control screen time.



Keep Writing Skills Sharp



Writing



Design Birthday Cards to mail to family and/or friends:

Younger children need construction paper, markers, and your help to write a short, simple happy birthday message. Older children usually prefer pens and cardstock. Challenge them to write a special happy birthday message to the family member or friend. Teach them to address the envelope for mailing. Be sure to include your return address.

Experience Stories

Go for a walk or on a short ride or trip. When you return have your child draw a picture of everything he saw. For younger children have your child dictate sentences while you write the words then point to each word as you read it back to your child. Have older children write a story about the walk and illustrate it. Ask him to read it to you.

Write about Feelings

Ask your child to write about what upsets him, what he is afraid of, what makes him happy or excited and what he would like to do this summer. Have him draw pictures to go with his writings.

Keep a Journal

Give your child a composition book and have him write in it each day. He should include activities of the day, something that made him happy, something he did nice for someone, something he learned, and also include things that upset him that day. Encourage him to use complete sentences and pictures if so desired.

Always help your child write in complete sentences. Also help him expand his sentences by adding descriptive words such as color, size, shape, location, etc.



Reading

Reading practice is very important!

- *Read to your child and have him retell the story in his own words. This is a good activity even for older children. Ask him to tell you the part he likes most and least.
- *When reading to your child, stop and ask what he thinks will happen next. Then read what the author wrote. Compare what the child predicts with what the author wrote.
- *Record your child reading a book and replay it so he can listen to himself.
- *Have a daily quiet reading time. Be sure to turn off the television, radio, etc.
- *Have younger children “read” the pictures. As they look at the book have them tell you what is happening in the picture.

Summer Rules

NO Electronics Until you have done the following:

*Made your bed



*Your daily chore



*Had breakfast



*Played outside for 30 minutes



*Brushed your teeth



*Dressed



*20 minutes of Reading



*20 minutes of Writing or Coloring



*Made or built something creative (Legos, Toys, Crafts)



*Helped someone in the family (Ask if you need ideas)



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Serving Bay, Calhoun, Franklin, Gulf, Holmes, Jackson, Liberty, Walton, and Washington counties

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