



OFFICE OF FAMILY & COMMUNITY ENGAGEMENT TODAY'S FAMILY LEARNING TIP



Educating & Empowering Families

August

- 1 While back-to-school season is exciting, it also can cause some students anxiety and stress. If your child is feeling overwhelmed by the thought of returning to school, talk about it. Ask how you can offer support.
- 2 Don't spend money on a new back-to-school wardrobe; take inventory of what your children already have instead! Younger children can wear hand-me-downs, while older children can share their siblings' accessories.
- 3 After visiting a park, playground, or beach, always leave it better than you found it. Encourage your children to clean up their messes, and others might do the same.
- 4 Have your children gotten all of the vaccinations they need to go back to school? Visit www.bcps.org/offices/sss/health to learn what immunizations they need and then make an appointment with their pediatrician!
- 5 What will your children eat for lunch this school year? Make a few of the recipes at www.food.com/ideas/back-to-school-lunch-box-ideas-6050 together and see what they like!
- 6 How many bones do your children have? Adults have 206, while babies are born with about 275. Talk to your children about what happens to their bones as they grow.
- 7 The world's oldest functioning lighthouse is located at the northwest tip of Spain. What's its name? Ask your child to find out for National Lighthouse Day!
- 8 Do you remember your favorite teacher? Talk to your children about your best memories of school. What did you like? What challenged you?
- 9 Did your children's sleep schedules shift for summer? Help them get back on track by going to bed 10-20 minutes earlier each night and waking up 10-20 minutes earlier each morning.
- 10 Are your children curious about how potato chips are made? They can find out through a free Herr's snack factory tour! Go to www.herrs.com/SnackFactoryTours.html today to plan your family's visit.
- 11 Have your children been sleeping in and missing breakfast this summer? Help them reverse the habit before school starts by stocking up on easy breakfast options. Granola bars and yogurt are two good choices!



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- 12 Has your family gone shopping for school supplies yet? Ask your children to help you look through the weekly circular for the best deals on the items they need!
- 13 Help younger children recognize patterns. Look at plants, clothing, and street signs for repeated designs.
- 14 When is back-to-school night at your child's school? Be sure to call so you don't miss it!
- 15 Where will your child do homework this school year? Help your child create a quiet and organized place to work in your home. The spot should include pencils, paper, and other supplies he or she might need!
- 16 Give your children some grown-up responsibilities for the night. Ask them to cook dinner, clean up, and read you a bedtime story.
- 17 Everyone makes mistakes, so it's important to learn to forgive family and friends for theirs. Talk to your child about the importance of forgiveness.
- 18 Do you have a child entering Grade 6 or 9? Visit www.bcps.org or call your child's school for information about Early Entry Day, a day to help students transition to middle or high school.
- 19 It's almost time to go back to school! Have a conversation with your children about their favorite back-to-school memories. What makes them so great? How can they make more this year?
- 20 Did your family take any trips this summer? Help your children preserve their photos and other keepsakes in a collage or summer memento wreath. All you need is glue or tape and some cardboard!
- 21 How can your children help senior citizens in your community? Contact a local retirement home about volunteer opportunities for Senior Citizens Day.
- 22 Teach your child to make a difference. Organize a group of friends or neighbors to clean up a street, park, or stream.
- 23 Have your children look around your home for all the appliances and gadgets that run on batteries. How would the world be different without batteries?
- 24 Which famous painting by Leonardo da Vinci was stolen from the Louvre in Paris in 1911? (It was recovered two years later.) Have your children search for the answer online!
- 25 Make melodies with your child! Students with musical training tend to build their reading fluency faster than those who don't study music.



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- 26 Find out what books your children will read in school this year and then read them yourself. Talk to them about the books you read in school.
- 27 Create a potluck menu: Each family member chooses and prepares a favorite dish. Encourage your children research the nutritional value of each item.
- 28 Dutch artist Rembrandt Harmenszoon van Rijn was born in 1606. He was known for his self-portraits. Have your children draw portraits of themselves!
- 29 Visit college websites with your teen. Develop lists of strengths and weaknesses for both your student and the schools.
- 30 Stay active! Children should participate in at least one hour of moderate to vigorous physical activity at least five days per week. For ideas, go to www.kidshealth.org/en/parents/active-kids.html.
- 31 Read with your children every chance you get. Read everything from picture books to daily newspapers. Talk about what you have read together.