

EXTRA SPECIAL EDITION

Parent Newsletter

Summer 2017-2018

Welcome to the Summer *Extra Special Edition* for 2017-2018. 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

In This Issue

- Keep Skills Sharp this Summer
- Apps to Help Limit Screen Time
- Writing Skills
- Practice Reading
- Summer Rules



"We become what we think about." Earl Nightingale



Tech Tips for Parents



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 or Thinking of You Cards to mail to family and/or friends:

- Younger children need construction paper, markers, and your help to write a short, simple message. Challenge them to write a special message to a family member or friend. Teach younger children to address the envelope for mailing. Be sure to include your return address.
- Provide cardstock and writing instruments for older students. Older students should write a poem & or complete message to the recipient.

Experience Stories

- For younger children—Go for a walk or on a short ride or trip. When you return have your child draw a picture of everything he saw. Have your child dictate sentences while you write the words then point to each word as you read it back to your child. Ask your child to point to the words and read it to you.
- Have older students write a detailed, complete story about a walk or trip they have taken or would like to take and illustrate it. Writing should include what was seen, felt, smelled, touched, and what was pleasant and /or unpleasant.
- Descriptive words and expanded sentences should be part of all writing.

Write about Feelings

- Ask your child/student to write about what upsets him, what he is afraid of, what makes him happy or excited, what he would like to do this summer. Have him illustrate his writings.

Keep a Journal

Provide a composition book for your student. Ask him to write in it daily. Each entry should include:

- * Activities of the day
- * Something that made him happy
- * Something he did nice for someone
- * Something he learned
- * If something upsetting happened it should be included in the journal entry for the day as well as how the situation was handled.

All students should use complete sentences and descriptive words such as color, size, shape, location, etc. in their writing.



Reading

Reading practice is very important for ALL ages

- *For **all ages** require a daily, quiet reading time. Turn off the TV, radio, etc.
- *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 younger children “read” the pictures. As they look at the book have them tell you what is happening in the picture.

For Older Students

Check out these learning opportunities:

◆ Khan Academy

You can learn anything...For free... For everyone... Forever.

Math Science & Engineering Computing Art & Humanities Economics & Finance Test Prep

<https://www.khanacademy.org/test-prep/sat/full-length-sat-1>

◆ College Board Resources:

Get personalized practice recommendations for the skills you'll need for the SAT, plus official practice exams from College Board.

Download and take a real, full-length practice test. Watch videos showing step-by-step solutions to problems you missed or found challenging, and get even more practice with unreleased questions from real SATs provided by College Board. After all that practice, it wouldn't hurt to take the full-length test again so you can get used to the feeling of answering all of the questions correctly. Rock on!

<https://collegereadiness.collegeboard.org/sat/practice/full-length-practice-tests>

<https://collegereadiness.collegeboard.org/sample-questions>



PRINTED BY FDLRS/PAEC
FLORIDA DIAGNOSTIC AND LEARNING RESOURCES SYSTEM

Panhandle Area Educational Consortium
753 West Boulevard Chipley, FL 32428
(850) 638-6131 x 2310 ~ (877) 873-7232 x 2310 ~ Fax: (850) 638-6142

website: www.paec.org

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



“The Florida Diagnostic and Learning Resources System is funded by the State of Florida, Department of Education, Division of Public Schools and Community Education, Bureau of Exceptional Education and Student Services, through federal assistance under the Individual with Disabilities Education Act (IDEA), Part B; IDEA Part B, Preschool; and State General Revenue funds.”