



Summer Vacation Will Soon Be Here!

Parents and Caregivers

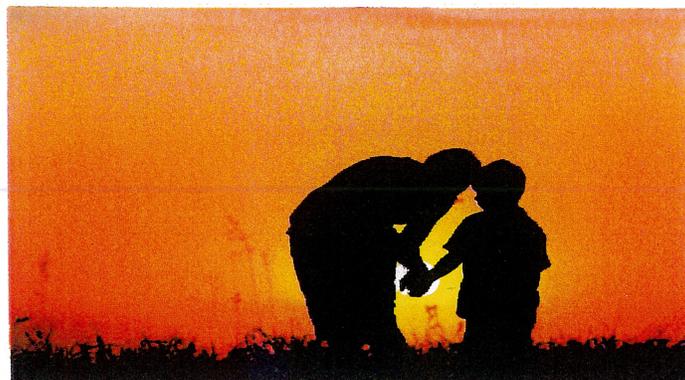
Enclosed you will find several activities that you can use to continue your child's learning at home during the upcoming summer vacation.

We hope you and your family enjoy these activities while making the most of your time together.



Listen earnestly to anything your
children want to tell you,
no matter what. If you don't
listen eagerly to the little stuff
when they are little,
they won't tell you the big stuff
when they are big,
because to them *all* of it has
always been big stuff.

~Catherine M. Wallace



Neighborhood Scavenger Hunt

Place an X over each item you find.

 <p>An insect</p>	 <p>A stop sign</p>	 <p>A flower pot</p>
 <p>A house with a red door or shutters</p>	 <p>A bicycle</p>	 <p>A U.S. mailbox</p>
 <p>Leaves from three different kinds of trees</p>	 <p>A local store</p>	 <p>A bus stop sign</p>
 <p>A dog</p>	 <p>A swing</p>	 <p>A neighbor whose first name starts with the same letter as yours</p>

The Six Pillars of Character

TRUSTWORTHINESS

- Be honest.
- Don't deceive, cheat, or steal.
- Be reliable – do what you say you'll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal – stand by your family and friends.

RESPECT

- Treat others with respect; follow the Golden Rule.
- Be tolerant of differences.
- Use good manners, not bad language.
- Be considerate of the feelings of others.
- Don't threaten, hit, or hurt anyone.
- Deal peacefully with anger, insults, and disagreements.

RESPONSIBILITY

- Do what you are supposed to do.
- Persevere: keep on trying!
- Always do your best.
- Use self-control, be self-disciplined.
- Think before you act – consider the consequences.
- Be accountable for your choices.

FAIRNESS

- Play by the rules.
- Take turns and share.
- Be open-minded; listen to others.
- Don't take advantage of others.
- Don't blame others carelessly.

CARING

- Be kind.
- Be compassionate and *show* you care.
- Express gratitude.
- Forgive others.
- Help people in need.

CITIZENSHIP

- Do your share to make your school and community better.
- Cooperate.
- Stay informed; vote.
- Be a good neighbor.
- Obey laws and rules.
- Respect authority.
- Protect the environment.

The Seven Principal of Discipline

1. Tell children what they can do instead of what they cannot do. That is, focus on the “dos” instead of the “don’ts.”
2. Protect and preserve children’s feeling; they are lovable and capable!
3. Offer children choices only when you are willing to abide by their decisions.
4. Change the environment instead of the child’s behavior.
5. Work with children instead of against them.
6. Give children safe limits that they can understand. Recognize their feelings without accepting their actions. Maintain your authority calmly and consistently. When children break rules, allow them to experience the consequences of their behavior.
7. Set a good example. Speak and act only in the ways you want children to speak and act.

Discovering Children's Strengths

The end of the school year is quickly approaching, but children continue to learn during the summer months. We can help them by using their strengths which Howard Gardner describes in his work on Multiple Intelligences. Below are descriptions of learning styles based on the eight intelligences.

Visual/Spatial Learner: These children think in three dimensions. Provide puzzles, drawing and painting activities, and blocks and Legos, 3D models, graphs, charts, maps and videos.

Logical/Mathematical Learner: These children often ask why and how things work. They enjoy counting and are very good at patterns, logic games, investigations, experiments and mysteries.

Verbal/Linguistic Learner: These children enjoy stories and nursery rhymes. They love to make up jokes and riddles, and they enjoy talking and listening. Use books, word games and computers.

Bodily/Kinesthetic Learner: These children demonstrate strength in fine and large motor activities. They can usually print, paint, run, jump and throw better than others. They learn best with hands-on activities. Allow time for dancing and play acting.

Interpersonal Learner: These children are very outgoing and have strong empathy for others. Often they are natural leaders. They enjoy group activities.

Musical/Rhythmic Learner: These children like to hum and sing very early. They also love to listen to music and play instruments.

Intrapersonal Learner: These children sometimes prefer to play alone and quietly reflect. They have a strong understanding of their own feelings. Provide books, coloring books, and creative materials they can work with on their own.

Naturalist: These children like plants, animals, exploring, collecting and outdoor experiences.

Remember that all children incorporate many of the above, but some show more noticeable strengths in a couple areas.

Homemade Paint Recipe



Mix together:

- 1 cup of salt
- 1 cup of water
- Food coloring

Apple Banana Chillers

- | | |
|---|--------------------------|
| 1 Granny Smith apple, washed, peeled, diced | 1 ripe banana, quartered |
| 2/3 cup water | 1/2 cup orange juice |

Directions:

Place the apples and banana in a blender or food processor and blend for 1 minute.

Add the remaining ingredients and process until smooth.

Pour into freezer pop molds or paper cups.

Place in freezer until solid.

If using a paper cup, let set until just starting to freeze, about an hour, and then insert a Popsicle stick into the center. Return to freezer until frozen solid.

Play Dough

- 1/2 cup salt
- 1 cup flour
- 1½ teaspoons powdered alum
- Water

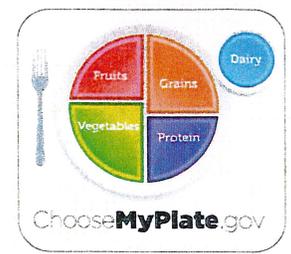
Mix ingredients together, adding water until the play dough is the consistency of pie dough. You can also add food coloring.

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

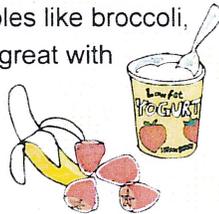
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

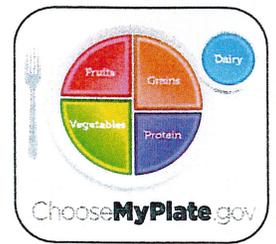
Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



10 tips

Nutrition
Education Series

snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 24
March 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Swap 'Em

Find healthier alternatives to your child's favorite snacks.

Favorite Snack	Common Option	What it provides	Healthier Option	What it Provides
Potato Chips	Pringles	High Fat Low Fiber	Terra Sweet Potato Chips	Orange Color 3 grams Fiber 160 Calories
Candy Bar	Snickers	High Calories (280)	Kashi Chewy Granola Bar	Whole Grain; 4 grams Fiber
Soft Drinks	Hi-C or cola	Low Nutrition High Sugar	V8 V-Fusion or other 100% Juice	Red or Orange Color
Cookies	Fig Newtons	Low Nutrition 1 gram Fiber in 2 cookies	100% Whole Grain Fig Newtons	Whole Grain; 2 grams Fiber in 2 cookies
Ice Cream	Edy's Ice Cream	High Fat Not High Calcium (6-8% DV)	Dannon or other 6 oz Fruited Yogurt	Low Fat Dairy High Calcium (20-25% DV)

Benefits

3 Whole Grains

Provide energy and boost brain power.



3 Colors

From fruits and vegetables supply nutrients to grow a healthy body.



3 Dairy

Builds strong teeth, bones, and muscles.



**3 Whole Grains,
3 Colors and
3 Dairy**

That's
the Power of



Snack with the Power of



Why should kids snack?

Small tummies fill up fast. So, remember the 3-hour rule: Energize children without overloading them by going no more than 3 hours between meals and snacks. Eating too much at once or waiting too long between meals can upset her tummy or make him sluggish. *What* they snack on makes a difference too! Filling up on less-nutritious foods can lead to low energy levels, poor health, and moodiness. Snacks can help provide the food groups that kids typically run short on.

Power of 3s — Every Day!

The right snacks help your child reach these daily goals:

3 Whole Grains

Include at least 3 ounces of whole grain foods

3 Colors

Eat a rainbow of fruits and vegetables with at least 3 different colors

3 Dairy

3 servings of dairy or other calcium-rich foods



Written by
Jane Andrews MS, RD
Trish Kazacos RD, CPT



Snack Ideas with the Power of 3

Grab & Go

Produce

Apples, Bananas, Baby Cut Carrots, Dried Fruits, Grape Tomatoes, Grapes, Peaches, Pears, Nectarines, Oranges, Sugar Snap Peas, Tangerines

Bakery

Whole Grain* Breads & Rolls, 100% Whole Wheat Pita*, Mini Bran Muffins

Dairy

Low Fat Cheeses: Wedges, Shapes & String Cheese; Low Fat Cottage Cheese, Low Fat Yogurt: Cups, Smoothies, Tubes; Fruit Cups, Pudding Cups

Natural/Organic

Dried Fruits & Veggies, Fruit Leathers, 100% Juice Boxes; Dairy & Soy Yogurts & Smoothies, Corn Tortilla Chips*, Low Fat Milk Boxes, Popcorn*, Whole Grain* Bars, Cereals, Rice Cakes & Waffles

Grocery

Whole Grain* Cereals, Cookies, Crackers and Rice Cakes, Nuts, Sunflower Seeds, Popcorn*, 100% Juice Boxes

Bulk Foods

Dried Fruit, Nuts, Seeds

Frozen Foods

Frozen Fruit Bars, Frozen Berries, Whole Grain* Waffles & Mini Bagels

Roll 'em

Start with 100% Whole Wheat Tortilla*.

Add a spread to help hold together the next layer.

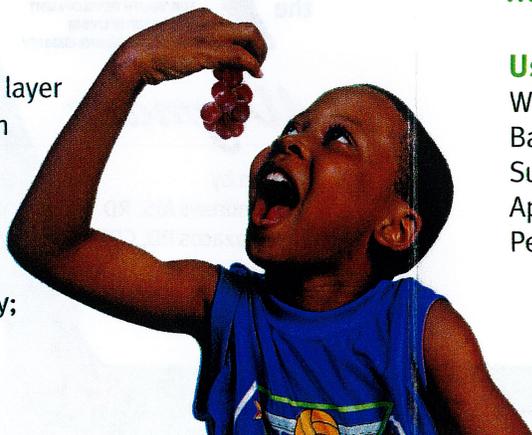
Place a piece of string cheese on top and then roll it all up! Cut into pieces. Serves 2-3 for snacks or 1 for lunch.

Savory

Spread with refried beans; layer with baby spinach; roll with string cheese.

Sweet

Spread with fruit spread; layer with thin sliced turkey; roll with string cheese.



Mix it up



Pick from these groups to create your own 3-color trail mix

Orange

Dried Apricots, Mango, Papaya, Peaches

Blue/Black

Dried Dates, Blueberries, Plums, Raisins

Red

Dried Cherries, Craisins, Raspberries, Strawberries

Yellow/Brown

Dried Apples, Currants, Figs, Pineapple
Add crunch with a whole grain cereal, pretzels, popcorn, nuts or sunflower seeds.

Layer it



Parfait

Low Fat Yogurt
Whole Grain Cereal*
Fresh, Frozen or Canned Fruit
Nuts

Stacks

Whole Grain Cracker*
Low Fat Cheese
Lean Cold Cuts

OR

Graham Crackers
Peanut Butter
Banana Slices

Pizzas

100% Whole Wheat Mini Pita*, split
Pizza Sauce or Salsa
Grated Cheese

Dip in



Use these:

Whole Grain Tortilla Chips*
Baby Carrots
Sugar Snap Peas
Apple Slices
Pepper Strips

With any of these:

Bean Dip
Hummus
Salsa
Guacamole
Peanut Butter



*At Wegmans look for the Whole Grain Wellness Key to show how the food counts toward your goal of 3 ounces of whole grain foods a day.



Why Your Child Can't Skip Their 20 Minutes of Reading Tonight

James

Travis

reads 20 minutes per night,
5 times per week



reads only 4 minutes per night
...or not at all

In one week:

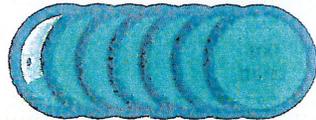
100
minutes of reading



20
minutes of reading

In one month:

400
minutes of reading



80
minutes of reading

In one school year (9 months):

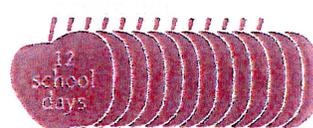
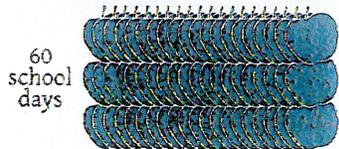
3600
minutes of reading



720
minutes of reading

By the end of sixth grade:

21,600
minutes of reading



4320
minutes of reading

- Which student would you expect to read better?
- Which student would you expect to know more?
- Which student would you expect to write better?
- Which student would you expect to have a better vocabulary?
- Which student would you expect to be more successful in school and life?
- How do you think each student will feel about himself as a learner?



GREER GENIUS
HELPING CHILDREN READ BETTER

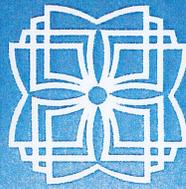
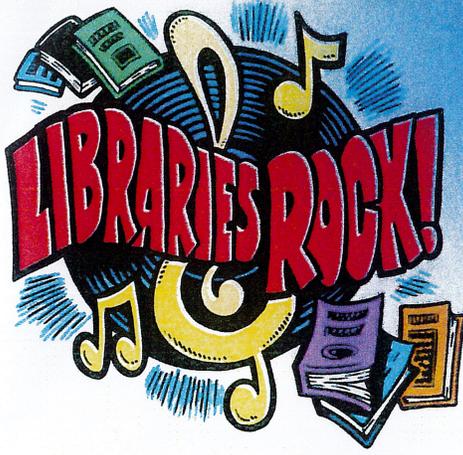
It's All about Reading for You and Your Child!

Real Reading at Home

- Write family diaries
- Cook together and read recipes
- Collect grocery coupons
- Make shopping lists
- Read video game directions
- Write letters to relatives
- Write thank you notes
- Create original stories
- Read bulletins from school
- Write a family vacation journal

More Reading Activities

- Read a bedtime story (and read them over and over 😊)
- Label you child's possessions
- Put magnetic letters on the refrigerator
- Fill in the blanks: Read poetry that rhymes and stop before the end of the line, having you child fill in the blank
- Make a book
- Write a fill-in-the-blank story
- Make regular visits to your local library, and take the bus to others in the city



Rochester Public Library
LINCOLN BRANCH

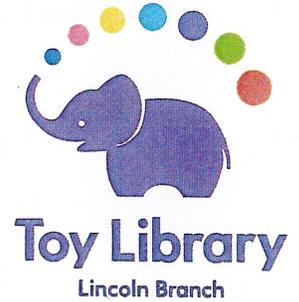
Rock the summer at the Lincoln Toy Library!
SUMMER READING 2018

MTW 10-5

Pretend Play Rocks at the Toy Library! Summer 2018

The Toy Library is preparing for another fun summer of imaginative play exploring different occupations. Children ages 3-8 can explore careers using costumes, toys and props. Ever thought about what it takes to run a restaurant or what a scientist does in a lab? What about a vet caring for animals? Each week, for six weeks, the front area of the Toy Library will feature a new topic for imaginative, pretend play.

The weekly themes will begin June 25th and run through August 1st. Group reservations for one-hour sessions will be accepted beginning June 1. Please call **428-8246** to schedule your visit.

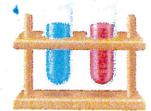


Week One: June 25-June 27 Café Lincoln

Welcome your patrons to Café Lincoln and invite them to order a meal from the menu. Try your hand at dishwashing, taking orders, or preparing meals.

Week Two: July 2-July 3 (Closed Wednesday, July 4th) Science Lab

It is time to investigate and do experiments in the Toy Library's science lab. Children can investigate a number of science topics and report on their discoveries. Topics: Magnets, Chemistry, Water, Air, Sound, and the Five Senses.

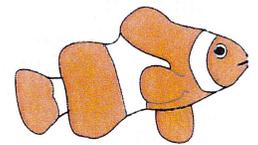


Week Three: July 9-July 11 Dinosaur Discovery Center

Play with toy dinosaurs; help make a volcano erupt; use dinosaur stamps, rubbing plates and markers to create a dinosaur scene to take home. Dress up as a paleontologist.

Week Four: July 16-18 Ocean Exploration

Explore the ocean and undersea creatures. Imagine living in an undersea world. Try your skill at fishing in our water table using magnetic fish.



Week Five: July 23-25 Home Sweet Home

Set up a home and roleplay members of an extended family or busy daycare. Playdough will be featured for preparing healthy, pretend foods.

Week Six: July 30-August 1 Veterinary Clinic

Who cares for animals when they get sick? Pretend to take care of a variety of household pets in our veterinary clinic. From reception area to surgery room, you can try your hand at running an animal clinic.



851 Joseph Avenue • 428-8210

This library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.

Believe.



Lovely A. Warren, Mayor
Rochester City Council