



Family Engagement News

January 2021

READING TIPS & TRICKS

1. Read together EVERYDAY.
2. Stop and talk about the pictures, ask questions about what has happened and make guesses about what will happen next.
3. Make use of audio books. They have wonderful voice actors that bring any story come alive
4. Read from a variety of genres; fairy tales, poems, songbooks, informational books.
5. <https://time.com/5914438/best-ya-c-hildrens-books-2020/>

MATH TIPS & TRICKS

Graphing Ideas!

Elementary: Open a bag of skittles, m&m's, or gummy bears. Make a [bar graph](#) that shows the number of each color candy!

Middle/High School: Watch the weather report for a week. Record the temperature for each day in a table, then use the table to create a [bar graph](#) that shows the high and low for each day.

WINTER FAMILY FUN

- Outdoor Scavenger Hunt
https://www.cbc.ca/parents/content/pdf/CBCParents_WinterScavengerHunt.pdf
- Make a list of animals/plants/things you see on a walk
- Collect items to repurpose and/or use to create artwork like pine cones, leaves, feathers, acorns, twigs. Take a picture of you with your artwork and send it in!
- Make snowflakes out of paper
<https://kinderart.com/art-lessons/seasons/winter/snowflake-3/>
- Clean the snow off of two neighbors' cars
- Shovel the snow for a neighbor
- Make snow angels - send in pictures!
- Build an igloo
- Use food coloring to make colored ice cubes
- Paint the Snow! Take old markers and place them tip-side down in a container of water with other markers of the same color. Make as many as you'd like for each color you want to use. Put the colored water in spray bottles or use paint brushes to create your masterpiece in the snow. You can use food coloring in the water too!

Send in Photos of you and your family enjoying winter fun!

Send photos to: SR.engagement@icademyglobal.org. Please include your family name, school you attend, and a description of what the photo is about. Photos may be used in our schools' blogs, social media accounts and website. Submitting photos gives IES your permission to do so. THANKS!

STEWARDSHIP



IES is challenging you to get involved with Hand2Hand. Hand2Hand delivers nutritious food to students by providing hope and opportunity to thrive. Click on the links below to get involved:

[How to Pack a Lunch](#)

[How to Help](#)

OUTDOOR LEARNING

Backyard Challenge Six Weeks of Easy to do Backyard Challenges!

Welcome Junior Naturalists! We hope you enjoy our Backyard Challenge Series. Click on the link below to get started. Complete all six challenges and receive an ODC T-Shirt in the mail. Check back every Friday for a new challenge!

[Backyard Challenge ODC](#)

SOCIAL-EMOTIONAL TIPS

As parents, there are some basic things we can do to support our children's ability to emotionally and behaviorally regulate and be their best selves. Building a strong foundation in the following key areas is a great place to start.

Routine: Establishing a consistent and predictable routine to daily life helps kids feel less anxious and more secure. For some children, creating a visual for your daily routine is especially helpful.

Sleep: Children require a lot of sleep! 6 - 13 year olds need 9 - 11 hours and teens need 8 - 10 hours of sleep. During sleep our brains synthesize and store new information, and discard clutter and things we no longer need. Keeping kids' sleep schedule consistent and robust gives them the opportunity to be their best selves.

Nutrition: Paying special attention to what our children consume is important. Teaching kids the difference between (nutritionally) strong foods and (nutritionally) weak foods and helping them find a balance of strong and weak foods supports their overall health. Remember that foods high in sugar and dyes can negatively impact children's behavior.

Movement: Scheduling time for movement helps kids feel better physically and emotionally. Too much time indoors leads to a decrease in the child's ability to self-regulate. Get outside and enjoy nature!

Let us know what you're trying at home!

We would love to hear what fun learning activities you have been doing at home and we can showcase them on next month's newsletter! You can send any ideas, tips or tricks to

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