

# Wise and

# Wonderful



Good news and information for our friends and families

## Tips For Keeping Kids Busy Over Summer Vacation

Summer is a wonderful time of year, but not without its challenges for busy parents and not so busy kids. To help parents to keep their kids active, engaged and entertained over the summer finding fun activities they can do while not in daycare or school starts with planning ahead.

Here are a few simple, low cost and easy to prepare activities for the kids. Mom and Dad can help, a babysitter can get involved, and grandparents are also welcome to join in. In fact, by adding an adult to the interaction around the activity you can create little teachable moments that are very effective in helping children learn and remember facts, information, and ideas.



### Recycled and Repurposed Art

For children of all ages working on art projects where they can use their creativity and imagination is always a popular activity. Start now to collect items that can go into an “Art Box”.

A large cardboard box is a perfect option, and kids can even decorate it in advance, which gives you the chance to talk about the importance of repurposing and recycling on the world around us. Good ideas for items for the art box include:

- Plastic bottles
- Fabric, paper and art scraps
- Milk and egg cartons
- Newspapers
- Yarn, thread, and other craft materials left over from other projects

Kids can pull out the box on rainy days or take it outside to make their masterpieces. They will need glue, scissors, and water-based paints to add to the supplies.

### Playing School

While there are a lot of computer programs and online activities for kids to use, sometimes old school paper worksheets are fun for kids as well. Look for age appropriate math, language or writing activity workbooks and have them on hand for the kids to do for extra points, stickers or just for fun.

### Daily Reading

While summer vacation is not always on a schedule, try to plan a block of time each day for the entire family to read. This includes the adults in the house, as it is a wonderful way to model the joy of literature.

To make it even more relaxing try reading outside in the shade or enjoying a family picnic followed by some outside games and then a reading time. Keep in mind kids love to do different things, so have a host of smaller activities planned throughout the day to keep them busy.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

## Monthly Joke



### Look To the Future

A motorist driving by a ranch hit and killed a calf that was crossing the road.

The driver went up to the house and told the owner what had happened, explaining that he'd be happy to pay whatever the calf was worth.

“Well, it's worth about \$200 right now,” said the rancher.

“But in six years it would have been worth \$900. So \$900 is what I'm out.”

The motorist immediately wrote out a check.

“Here you go,” he said. “There's a check for \$900, postdated six years from now.”

## Monthly Quote

*“Be happy with who you are and what you do, and you can do anything you want “*

—Steve Maraboli



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GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

JUNE 2015

## Heart Healthy Food Choices

- **Blueberries.** Blueberries contain antioxidants called anthocyanins, which may reduce blood pressure by relaxing blood vessels. One cup has only 80 calories, and they add fiber and vitamin C to your daily diet.
- **Sardines.** Like many other fish, sardines are high in omega-3 fatty acids, which lower the risk of heart disease. Sardines also tend to be lower in concentrations of mercury, and are packed with protein, calcium, and vitamin D.
- **Beans.** A daily half-cup of beans—pinto beans, navy beans, garbanzo beans, and the like—may help to lower cholesterol. Beans also contain soluble fiber, minerals, plant-based protein, and antioxidants.
- **Nuts.** Don't go overboard—nuts are high in calories—but keep in mind that cashews, pistachios, almonds, and other nuts help to lower cholesterol and reduce heart disease risk among people who eat them two to four times a week.



From the desk of  
*Ms. Jenn, Director*

Summer has kicked off and is looking to be one of the best ones yet! As you have seen our kids are extremely busy with field trips and new curriculum but we are so glad it is finally starting to look (and feel) like summer! With all this being said don't forget to take time for yourself and bring out your inner kid. Speaking of fun we are having a Pre-Father's Day BBQ on June 29<sup>th</sup> and would LOVE for you to join us! Come by for some great food, stroll around the book fair and even check out our greenhouse! You are always more than welcome to bring in a plant and watch it grow throughout the summer, could be something fun! Thank you for the continuous support we get from you guys it truly means a lot!

### **\$150.00 OFF TUITION**

*Did you know that when you refer a friend you earn \$150.00 off tuition? Ask us for details (be sure they mention your name!)*

## Planning For Future of Special Needs

Planning for the future of family members who have special needs can be challenging, especially since there are consequences for these decisions that in some instances can last a lifetime. Parents worry about the complexities of government programs, guardianships, legal documents, and many other things.



One good tip is to take special precautions to make sure that money that you have set aside for your special needs family member does not ultimately get consumed by your own aged care needs, so retirement funding needs to be planned for three. Medicaid can be a particularly vital resource for families in this predicament, as it not only covers health care for adults with disabilities but also gives entry to other services and programs that can help with new skills and employment. A special needs trust can also be a good idea.

Another good tip is to work with a financial planner and seek legal advice from professional sources, such as the Academy of Special Needs Planners and the Special Needs Alliance.