

EARLY LEARNING COALITION OF PBC JOIN US FOR WEEK 5 ...



We want to start off by acknowledging your commitment to your child's education, after all – **YOU are your child's first teacher!**

There are lots of fun and educational activities in this packet that you and your child can complete at your own pace throughout these 8 weeks! Here are some tips to help you get the most out of these activities:

- 1. Pick activities that you know your child will enjoy.** Children learn best when they are interested in what they are doing.
- 2. Don't be afraid to get creative!** If an activity calls for materials you don't have, feel free to replace with recyclable materials laying around the home.
- 3. Ask questions!** Talking to your children during the activities about what they are enjoying will encourage them to use their words, think critically and will help them learn new vocabulary words.
- 4. Have fun!** Let your child guide you in the activities. Let them talk about the things that interest them and why. This encourages creativity and problem-solving skills.



SCHOOL REGISTRATION SPECIFICS:

- ✓ **Determine your child's home school.** The School District of Palm Beach County has updated their website with the specific steps outlined below, for new families to follow in order to register your child for school while school buildings are closed for the summer.
 - Parent/Guardian should go to the [Find My School](#) App on the School District website.
 - Enter your home address to identify the elementary school assigned for your address.
 - In the App, parent has the option to contact school by clicking "Request Registration Information."
 - Registrar then emails the parent the registration packet in the appropriate language.
 - Parent and registrar communicate via email to collect required documentation (*see below*).
- ✓ **Consider any needed financial assistance, including after-school options.** The Early Learning Coalition of Palm Beach County offers free, unbiased, personalized information, on after-school programs and providers in the area – including financial assistance. Customized, confidential after-school results may be requested by calling us at **(561) 514-3300**.
- ✓ **Start your school routine early.** To reduce stress and get used to new routines adjust new bedtimes or wake up times a few weeks before school begins. Routines are comforting for us and for children. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. Do not watch the news or violent programs in the evening.

REQUIRED DOCUMENTATION FOR REGISTRATION:

[Registration Checklist](#) from the School District of Palm Beach County requires the following items for students who are new (Kindergarteners):

1. **Completed registration form** ([PBSD 0636](#))
2. **Proof of residence.**
3. **Record of immunization.**
4. **Record of physical.**
5. **Proof of birth (birth certificate, passport, religious record).**
6. **Additional helpful documents, information from previous school.**

For full details and information, please visit the School District website at: palmbeachschools.org/students_parents/student_registration

GROSS MOTOR DEVELOPMENT

Engaging in regular physical activity is especially important for young children. It builds strength and develops healthy bodies and can even enhance academic performance. Regular physical activity is important for children so they can develop healthy habits to prevent issues later in life.

What to look for

Your child...

- ✓ Can cut with child-sized scissors
- ✓ Can run at a comfortable speed in intended direction
- ✓ Can hop several times on each foot
- ✓ Can throw a ball or beanbag in intended direction
- ✓ Can catch a large ball or beanbag
- ✓ Can jump over a low object, such as a line, string, or balance beam
- ✓ Can bounce a large ball several times
- ✓ Can kick a stationary ball
- ✓ Can walk along a line or a low balance beam
- ✓ Can pedal and steer a tricycle

To encourage your child's physical development:

- ★ Collect safe toys and equipment to help your child develop large muscles. Some examples are hula hoops, bean bags, tricycle, large beach balls and a child-sized basketball hoop.
- ★ Give your child the space and freedom to use large muscles, both indoors and outdoors. You can set up empty water bottles like bowling pins, and let your child use a soft ball to "bowl." Invite your child to toss rolled up socks into a basket or a masking tape circle on the floor.
- ★ Join your child in active play. You can play catch with your child, or set up a simple obstacle course.
- ★ Give your child opportunities to cut with scissors while you watch. Your child can cut pictures from magazines or shapes for a matching game.



Early Learning Coalition
of Palm Beach County
Ready to Learn. Ready for Life.

Special Thank You to this
Information's Source:

 National Center for Learning Disabilities, Inc.
The power to hope, to learn, and to succeed

BENEFITS OF PHYSICAL ACTIVITY (GROSS MOTOR):

The benefits to your child of physical activity can include:

- ✓ Improved development of gross and fine motor skills
- ✓ Increased self-sufficiency and confidence
- ✓ Improvements in learning
- ✓ Better sleep
- ✓ Weight management
- ✓ Improved social skills
- ✓ Decreased time spent watching TV or playing with computers
- ✓ Decreased risk for chronic diseases later in life

SUGGESTED ACTIVITIES FOR CHILDREN & FAMILIES:

Tips to help your child develop gross motor skills:

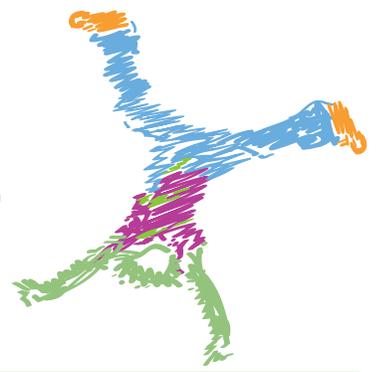
60 Minutes of Activity. The US Department of Health and Human Services recommends that children aged 6 participate in at least 60 minutes of physical activity each day. This does not need to be 60 minutes of sustained activity at a time, but can include different episodes of activity that, added together, total 60 minutes or more. Children should be engaged in a mix of activity levels, from vigorous activities, such as running around playing tag, to more moderate activities, such as using a scooter. The guidelines also recommend that children engage in vigorous activity as least three times a week.

Having fun. Children in kindergarten do not need a structured exercise regimen, but physical activity should be a part of their everyday activities, with an emphasis on having fun and playing.

Basic Motor Skills. Your kindergartener is still developing basic motor skills, such as learning to run, jump, throw, and catch effectively. Physical activities at this age should include games and sports that focus on developing these fundamental skills through play, rather than competition.

Muscle Strength. Building muscle strength is especially important for children at this age and exercise is one of the main ways to achieve this goal. Muscle-strengthening activities are those that force the muscles to do more than their normal workload. For young children, the most effective muscle-building activities include swinging from monkey bars and playing games such as tug-of-war that require extra exertion. The guidelines recommend that children engage in muscle-strengthening activities at least three times a week.

Bone Strength. Building bone strength is also important for growing children. Bone-strengthening exercises promote bone growth and build strength through the force that is exerted on the bones. Exercises that achieve this important goal include running, skipping rope, and playing hopscotch. The guidelines recommend that children engage in bone-strengthening activities at least three times a week.



DECREASING SCREEN TIME



Today we talked about ways we can decrease screen time. We live in a world full of electronics and screens. They're everywhere and vary in size. Screen time is time spent:

- watching television
- using the computer or internet
- texting
- playing hand-held games.

Kids two years old and younger should have ZERO hours of screen time. For kids older than two years of age, they should get no more than two hours TOTAL of screen time in a day.

AT HOME ACTIVITY



What can your family do to decrease screen time each day? Try these ideas:

- During commercials, do stretches, dance, do sit-ups or march in place.
- Try to remember to turn off the television if nobody's really watching.

- Plan ahead! Look at the shows that are going to be on and choose which one would be good to watch.
- Turn off the television and games when eating meals.
- Avoid eating while at the computer or watching TV. This helps keep your family from eating too much.
- Set a timer to help your family remember to get away from the TV or computer or whatever screen they are using. It's easy to lose track of time when you're in front of a screen.

EATING SMARTER

Eating healthier means eating smarter. You can still eat foods you love, but if they contain large amounts of fat or sodium (salt) eat less of them less often.

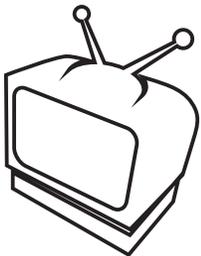
You do not need to change your family's diet overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.





CHANGE THE CHANNEL ON SCREEN TIME!

Color the fun physical activities and cross out the screens!



SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.





THANK YOU FOR JOINING...



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A Special Invitation For:



	Packet Topic	Parent Chat (Thursdays @ 6 PM)
Week 1 (June 8 - June 12)	Gross Motor	Listening and Responding to Children
Week 2 (June 15 - June 19)	Language	Positive Discipline
Week 3 (June 22 - June 26)	Cognitive	Structure, Limits and Consistency
Week 4 (June 29 - July 3)	Social-Emotional	Family Engagement – Helping Your Child Succeed in School!
Week 5 (July 6 - July 10)	Gross Motor	Fostering Your Child’s Learning Style
Week 6 (July 13 - July 17)	Fine Motor	Screen Time – The Do’s and Don’ts
Week 7 (July 20 - July 24)	Language	First Day of School – The Do’s and Don’ts
Week 8 (July 27 - July 31)	Cognitive	Parent-Teacher Conferences – What To Know