



SUMMER TIPS

FOR KEEPING KIDS HEALTHY



Over summer vacation, children tend to lose 2.6 months of math skills that they had just learned.

Help your children keep their newly learned skills. There are many ways to engage your children's interest and keep them at grade level for the coming school year.

GO TO THE LIBRARY: Let your child choose books to read. (For a list of recommended summer reading, refer to the back) Its important for your child to read all summer long. Whether it's a book, magazine or comic, let your child practice reading to you, their friends or a sibling.

MAKE A MEAL: Let your children help you in the kitchen. It's a great way to practice their math and measuring skills. For older children, try doubling or halving recipes so they can practice multiplication, division and fractions.

TAKE A TRIP: Teach your children something new. If they like animals or marine life, take them to the Zoo or the Aquarium, and let them read about each animal. If they like music, take them to a summer concert. There are many free concerts at local parks throughout the summer. Let them research the topics they are interested in at the library or on the internet.

Summer is a great time to incorporate some new food habits and exercise into your children's schedule that will help keep them healthy and active all year long.

Encourage your children to take advantage of the great weather and get outside as much as possible. Swimming, rollerblading, dancing and playing sports are all fun "play" that provide great exercise. Limit video games, computers and TV. Here are some easy tips to keep your kids and your whole family healthy:

- **Take your children to the supermarket with you and let them choose a new fruit or vegetable.**
- **Let your children help you prepare dinner.**
- **Replace white bread, white rice, white potatoes with healthier choices like whole wheat bread, brown rice, and sweet potatoes.**
- **Replace snacks like chips and cookies with cut up vegetables and dressing or fruit salad and yogurt.**
- **Grow a small vegetable garden in your backyard or plant a window garden to teach your children about the benefits of fresh whole foods.**
- **Offer your children water instead of soda or juices.**





SUGGESTED

SUMMER READING

7th-8th Grade

Little Women. Alcott, Louisa May

National Velvet. Bagnold, Enid

Fahrenheit 451. Bradbury, Ray

Robinson Crusoe. Defoe, Daniel

Narrative of the Life of Frederick Douglass

The Outsiders. Hinton, S.E.

The Hunchback of Notre Dame. Hugo, Victor

A Wrinkle in Time. L'Engle, Madeleine.

Call of the Wild. London, Jack

Island of the Blue Dolphins. O'Dell, Scott

Where the Red Fern Grows. Rawls, Wilson

Frankenstein. Shelley, Mary

A Tree Grows in Brooklyn. Smith, Betty

Treasure Island. Stevenson, Robert Louis

20,000 Leagues Under the Sea.

Verne, Jules

War of the Worlds. Wells, H.G.

K-3rd Grade

Fables. Aesop.

Madeline. Bemelmans, Ludwig

Stone Soup. Brown, Marcia

Goodnight Moon. Brown, Margaret Wise

The Story of Babar. Brunhoff, Jean de

The Very Hungry Caterpillar. Carle, Eric

The Mouse and the Motorcycle.

Cleary, Beverly

The Three Little Pigs. Galdone, Paul

Harold and the Purple Crayon.

Johnson, Crockett

Frederick. Lionni, Leo.

Make Way for Ducklings.

McCloskey, Robert

Charlotte's Web. White, E.B

4th-6th Grade

Tuck Everlasting. Babbitt, Natalie.

The Wonderful Wizard of Oz.

Baum, L. Frank

The Children of Green Knowe.

Boston, L.M.

The Secret Garden.

Burnett, Frances Hodgson

Half Magic. Eager, Edward

Stone Fox. Gardiner, John

The Wind in the Willows.

Grahame, Kenneth

Rip Van Winkle. Irving, Washington

The Phantom Tollbooth. Juster, Norton

The Jungle Books. Kipling, Rudyard

Lassie Come Home. Knight, Eric

The Chronicles of Narnia. Lewis, C.S.

Pippi Longstocking. Lindgren, Astrid

Doctor Dolittle. Lofting, Hugh

Anne of Green Gables. Montgomery, L.M.

The Railway Children. Nesbit, E.

Bridge to Terabithia. Paterson, Katherine.

Tom's Midnight Garden. Pearce, Philippa

The Rescuers. Sharp, Margery

Swiss Family Robinson. Wyss, Johann

*Si usted necesita una versión en
Español llame al 718-382-2028*

*For more information
on Free SES Tutoring,
call 718-382-2028*

Enjoy a game of KenKen

4+	12×		2÷
	1-	3-	
2÷			1-
	2÷		

TO PLAY: Fill the grid with the numbers 1-4. Do not repeat a number in any row or column. The numbers in each heavily outlined box will produce the target number shown by using addition, subtraction, multiplication or division, as indicated next to the target number.



Comprehensive Educational Outreach™

1222 Avenue M, Suite 101 • Brooklyn, NY 11230

RETURN SERVICE REQUESTED

PRESORTED
FIRST CLASS MAIL
US POSTAGE
PAID
Brooklyn, NY
Permit No. 29