

# Family Engagement News

May 2021

## May is "Get caught reading" month

1. Choose a poem as a family and memorize it
2. Find a new spot to read in your house
3. Take a book to a park and find a spot to read. Bring some food and make it a picnic!
4. See how many books you can read this month!

## MATH TIPS & TRICKS

### Categorizing!

**Elementary:** Get outside and pick up trash! Sort your trash into categories (ex: plastic or paper).

**Middle/High School:** Get outside and pick up trash! Categorize your trash into categories. Create a [venn diagram](#) based on how your sorted the trash. What is the most common category of trash in your area? Why do you think that is?

## Spring Family Fun

- Plant a flower and give it to a neighbor. Write them a note
- Plant a family garden. Have your child write the labels
- Write a card for all the moms in your life.
- Go on a nature walk and collect materials for crafts. See if you can find any footprints or birds nests!
- Put on some rainboots and play in the rain!
- Do some spring cleaning around the house! Donate them to a local charity
- Recycle some cardboard and make a bird feeder with sunbutter and seeds

## Send Us Your Photos!

Send photos to: [SR.engagement@icademyglobal.org](mailto: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.



## STEWARDSHIP

Celebrate the Earth!

- Check out these [50 Ways to Help the Planet](#)
- Challenge yourself to [a month of no waste](#)
- Plant a garden
- Play a game of [Nature Hunt Bingo](#)
- Learn how to [regrow your food](#)
- Recycle plastic with this [jellyfish craft](#)
- Go on a [Nature Scavenger Hunt](#)

## OUTDOOR LEARNING

Every week the ODC has a new backyard game and fitness challenge on their website!

[Outdoor Discovery Center backyard games and fitness challenges](#)

The challenges are organized by grade:

- PK-2
- grade 3-5
- grade 6-8

Spring is the perfect time to get outside and move your body! Check back on their website each week for something new!

## SOCIAL-EMOTIONAL TIPS

Recent studies have exposed the benefit—even necessity—of [spending time outdoors](#), both for kids and adults. Most studies agree that kids who play outside are smarter, happier, more attentive, and less anxious than kids who spend more time indoors. While it's unclear how exactly the cognitive functioning and mood improvements occur, there are a few things we do know about why nature is good for kids' minds.

❖ It builds confidence	❖ It gets kids moving
❖ It teaches responsibility	❖ It makes kids think
❖ It provides different stimulation	❖ It reduces stress and fatigue
❖ It promotes creativity & imagination	❖ It is FUN!!

**So get outside and enjoy! Your body AND your brain will say, "Thank You!"**

Taken from [this article](#)

## 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 [SR.engagement@icademyglobal.org](mailto:SR.engagement@icademyglobal.org)