























Keep your child's mind active this summer!











Summer is a time for a child to have fun, attend camp, visit relatives, go on family vacations and just enjoy being a kid. That does not mean, however, that a child can't keep his/her brain "tuned-up" by doing some mental activities throughout the summer. Since there are 168 hours in a week, having a child do *one* hour of mental activities each day won't put a damper on their summer.







We want students to develop a life long desire to read. What interest or hobbies does your child have? Sports, mysteries, science fiction, drama, skateboarding, video games, etc. are common interests of today's youth. Tap into that interest! Regularly visit libraries or bookstores such as Barnes and Noble or Borders. Let your child see you purchase books and/or magazines and he/she will become interested, too. Set aside a family reading time each afternoon or evening when all activities stop and every family member reads something interesting. Turn off the television, stereo, and video games, and set a good example for your child







Habits can be good or bad. Reading everyday is definitely a good habit. If your family is not doing this, try it this summer. You may get some resistance from your children during the initial few days or weeks, but when they see that you are serious about this, committed, and enjoying it, they will come around and enjoy it too! It is important that each child comprehends what they read. Orally quiz them and ask them to discuss the main ideas presented by the author. Ask them to describe some important details. Have them briefly re-tell the story in their own words. This follow-up is important to see if your child *comprehends* what they are reading.



Another area that you may want your child to reinforce during the summer is mathematics. This does not have to be difficult or time consuming. Hilldale's summer camp program uses the Dorothy Kiplinger series of math workbooks. You can purchase these online or at Costco for only \$8.99. You can have your child complete a few pages of math worksheets each day, then review the sheet with your child. There is even positive reinforcement in the book, as you can award your child a sticker for each page successfully completed. Hilldale students worked hard on math throughout the school year. Spending 15-30 minutes each day will help them retain the skills they learned throughout the year and keep their minds sharp.



All Hilldale students enjoy working with computers and using the internet. Before you let your child play computer video games, have them spend some quality time looking at websites that have articles regarding social studies and science. National Geographic has a website with a variety of topics that each child can explore. Have your child describe what they learned, or have them write a short summary of the article. The length of the summary is not important, but the quality is. Reinforce good writing skills, correct spelling, and punctuation.



Let's be realistic. If your child does one hour of the aforementioned activities per day each week, that's 7 hours out of 168, which is only 4 % of the time. That is a great time investment to keep your child's mind active during the summer and have them mentally ready to start school on August 29th.

