

Family

ENGAGEMENT

Newsletter

*Brought to you by Education Bank,
powered by Parents Engaged in Education*

VOLUME 86 | JUNE & JULY 2026

Contents

3 Protect your child
on social media

6 Social Media for
School Councils

8 Fun Summer
Activities for the
Family!

12 At-Home Learning
Worksheets

Welcome to June, families!

As the school year winds down and summer begins, we are excited to bring you a special focus on summer learning and fun-time activities to keep your children engaged and active during the break.

Summer is a fantastic opportunity for students to explore new interests, reinforce their learning, and most importantly, have fun! In this issue, you'll find a variety of tips and ideas for enriching summer activities that blend education and enjoyment.

From hands-on science experiments and creative arts projects to outdoor adventures, there's something for every child to dive into this summer.





In addition to summer activities, we also explore the vital role of social media for school councils. Maintaining communication and engagement over the summer months can be challenging, but social media offers innovative ways to keep our school communities connected and informed. We'll share strategies for effective use of social media, including how to promote events, share resources, and foster a sense of community even when school is out.

We hope these resources inspire you to make the most of the summer months, ensuring that learning continues in fun and engaging ways. Whether you're planning a family outing or connecting with your school community online, there's no shortage of opportunities to enrich your child's summer.

Thank you for your continued dedication to your child's education and for being an integral part of our engaged community. **Remember, parent engagement doesn't take a summer break—keep the involvement going strong!**

Wishing you a safe, happy, and educational summer!

THERESA PASTORE

**Executive Director,
Parents Engaged in Education**

parentengagementgroup@gmail.com





PARENT ADVISORY:

Social Media Dangers for Kids Increase with Spike in Summer Use

As school winds down and summer begins, millions of children and teens will be spending more time on social media. While social media can provide an opportunity to connect with friends outside of school, it also poses a number of considerable dangers and risks to children and teens. These platforms are designed to keep kids online and engaged for as long as possible, and they are incredibly effective at capturing time and attention. Even with the structure of school, kids spend an average of 4.8 hours a day on social media. While kids enjoy less structure during the summer, the risks of social media overuse and dangers present on these platforms can increase.

Parents should know that social media risks include addiction and overuse, bullying, child sexual abuse material, dangerous challenges, depression and anxiety, disordered eating, drugs, and sexual predators. These risks exist across all social media and social gaming platforms. Parents can help mitigate some of these risks by talking with their kids about social media dangers, setting up parental controls, and limiting social media use over the summer.

Addiction & Overuse

Social media platforms are intentionally designed to keep people online and engaged. 54% of US teens say social media would be “hard to give up” and 48% of British teens say they “feel addicted” to the platforms they use. Parents frequently report that disagreements about social media time, use, and boundaries are a major source of tension in their family.

Bullying

Nearly half (46%) of US teens have been bullied on social media. Online bullying can create significant mental health harms for kids and teens, including depression, self-harm, and suicidal ideation. Black teens and girls are more likely to face targeted abuse online.

Child Sexual Abuse Material

Sexual images of children are at an all-time high online. Last year alone more than 100 million of them were reported. Parents should know predators can meet children on social media and social gaming platforms and deceive or coerce them into creating and sharing sexual images without ever being in the same room. In a recent survey from ParentsTogether, parents reported that Snapchat is the #1 platform where kids share sexual images of themselves.

Disordered Eating

Visual social media platforms in particular inundate young users with AI-generated or heavily filtered images of impossible beauty standards. An endless feed of these images, coupled with content actively promoting extreme diet, weight loss, and exercise practices, can trigger disordered eating and poor body image in young people.

Sextortion & Sexual Predators

Sextortion, a serious crime where a predator tricks or coerces a victim into sharing sexual images and then blackmails them over those images, is up 300%. In a recent ParentsTogether survey, parents reported Snapchat and Instagram are the top two platforms where their children have received unwelcome sexual solicitations.

Dangerous Challenges

Social media is full of viral challenges that range from harmless to dangerous and deadly. By their very nature these challenges are designed to appeal to adolescent brains with a combination of risk-taking, approval from peers, and impulsivity baked in. Children regularly die attempting social media challenges.

Drugs

Social media is the new marketplace for buying and selling illicit drugs. Many of those drugs are far from harmless – 7 out of 10 confiscated pills contain a lethal dose of fentanyl. Kids can easily buy drugs on social media which appear to be safe prescription drugs but are actually deadly.



ParentsTogether, a community of more than 3.5 million parents that offers parenting news and resources, advises parents to take the following steps to reduce these dangers during the summer — all online experiences come with some risks for kids.

1

Set parental controls on devices and individual apps.

Parental controls are far from perfect, but they can make social media a little safer for kids by limiting their access to strangers and harmful content. See ParentsTogether's guides for setting parental controls on [Snapchat](#) and [Discord](#).

2

Charge devices at night in a common area outside your child's bedroom.

Limiting your child's access to devices at night can both improve their sleep and mental health and reduce their risk of harm.

Talk your children about social media risks and harms.

Tell kids they can always talk to you about problems online. Set the expectation that your kids can share things they see or hear online that make them feel weird, upset, curious, or scared, and that doing so won't make you angry or make them lose access to their device.

Limit access to social media for kids under 13.

Most social media platforms and legal protections are designed for kids 13 and older. Younger kids on social media face even greater risks than teens, as they are less able to process and mitigate risks and take reasonable steps to keep themselves safe.

Offer offline experiences and opportunities for connection.

Whenever possible, offer your child offline experiences that allow them to connect with friends and loved ones over the summer. Time outside or in favorite activities creates a strong incentive for kids to put down their devices.

3

4

5



School Councils

USING FACEBOOK DURING SUMMER VACATION

By Adrian Marmara

If your parent council is currently using Facebook to connect to your school community, don't take a break once school is out for summer. Instead, take advantage of the summer break and use it to support your continued work on building Facebook connections with parents from your school community.

Here are some social media tips to use during this summer break:

POSTING FREQUENCY AND WHEN IS THE BEST TIME TO POST?

Aim to post at the very least 2 to 3 times a week. If you get a good response from your school community via a lot of likes and/or shares you may want to increase the posting frequency for the week. As far as when to post each day and what days during the week, you may want to experiment with posting either later in the evening or mid morning. The same would go with what days to post. You may consider using Facebook insights to gain a better understanding of

when your community is engaging with your posts. For advanced users, you may consider using Buffer to post your social media messages on Facebook. Over time Buffer will suggest the most optimal times of the day to be posting at.

HOW TO POST?

Mix up your posts throughout the week. Remember it is summer break so keep it light.

Create a file for saving post ideas you have found. You can use this file as a reference throughout the summer.

WHAT TO POST?

The key is to be helpful and engaging. This is the perfect time to break from the norm. Post items and resources that parents would find helpful over the summer break. Take advantage and showcase to your community that your group is a great resource to them. You can use this guide to help with your social media creation and posting.

ACTIVITIES

Parents are usually scratching their heads, asking what they can do with their kids next and keeping them productive and entertained during the summer. Try posting at least once a week about fun activities. The best source I always suggest for finding a treasure trove of activities is Pinterest. Try to search with keywords like “summer activities for kids” or “summer arts and crafts for kids.” When you see a pin you like, click on it to ensure it takes you to a legitimate website. Most websites will have a share button, so make sure to share that page with Facebook as it should make things easier and will more than likely let you share an image along with the link.

TRAVEL/STAYCATION TIPS

Once again, Pinterest will be handy here. Try using the following searches: “traveling with kids” or “road trip with kids”. Another great resource is Google. Do a Google search for “travel tips for kids,” “Summer road trip ideas” or “staycation ideas”. You will find many resources that feature ideas and hacks to make family vacations and staycations easier. Make sure to include these tips on your Facebook page throughout the summer.

RECIPES

Summer is a great time to share summer treats that parents can make with their kids. Who doesn't want to make a cool treat like homemade ice cream or a fun treat like Hot Dog Cups? Check out the many recipes from BuzzFeed Tasty videos.

• ENGAGING POSTS/SUMMER FEEDBACK

Ask your school community how their summer is going so far. Engage your community and ask questions such as what summer books are being read or what your favourite vacation spots are so far. Try this at least once a week. I would suggest posting on a Monday and ask your

your community how their previous week has gone. Remember to add positive comments when parents share. Don't forget to share photos of your own (If you don't have your own photos try sharing photos of recent town events).

COMMUNITY INFORMATION

Parents may get local news online and from newspapers, but it is always helpful to post about upcoming events for children. Include links, dates and times. Your best resources may include local newspapers, your local city website and your local city tourism website.

SCHOOL NEWS

When news becomes available, post it! Your school community maybe awaiting the upcoming school year calendar with a list of P.A. days as well Christmas and March break dates. Even though your school will publish it, it never hurts to get it on your page as well. Make sure to check in with the principal to see if any important news will be coming this summer. Also check with the principal if there will be any changes to arrival or dismissal procedures and/or changes to bus routes.

PARENT COUNCIL NEWS

As you get closer to the end of summer break, you may start to have parent council news to share with your school community. You may already have dates for for upcoming school events and school lunches. Remember to post them! If your group has other news make sure to let your school community know.

INSPIRATIONAL QUOTES AND HUMOR

Everyone loves a good chuckle or a great quote. Try posting a Monday motivational quote or a Funny Friday image. Try collecting fun and inspiring posts when you see them and save them to share at a later date (Add it to the file we suggested creating).

SUMMER ACTIVITIES FOR KIDS:

Awesome Outdoor Party Games for Kids of All Ages



Obstacle Course

Get creative and dream up your own outdoor party game in the form of an obstacle course. Your imagination is the limit with this fun activity.



Giant Pickup Sticks

This game is a bit of a brain teaser and it's sure to keep the little ones entertained for a while so that mom and dad can kick back and relax.



Bananagrams

Like scrabble but with a twist, this outdoor party game will give you a physical and mental workout. Try it by drawing or painting giant letters on to squares of cardboard.



Cornhole

This outdoor party game is sure to be loved by kids and adults alike. Watch out, the competition can get pretty fierce! Bonus: You can find a variety of cornhole sets including one for your favourite sports team!



Inflatable Twister

This outdoor party game is sure to be loved by kids and adults alike. Watch out, the competition can get pretty fierce! Bonus: You can find a variety of cornhole sets including one for your favourite sports team!



Backyard Oversized Jenga

Challenge your kids (and yourself) with this outdoor party game. Building it can be just as much fun as playing it. Get directions to create your own oversized Jenga set [here](#).



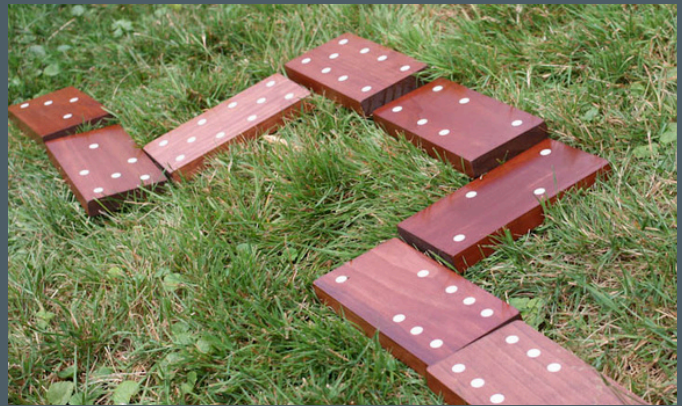
DIY Ring Toss Game

This outdoor party game will have you day dreaming of county fairs and church carnivals. Can you smell the funnel cake? Warning: The DIY part is definitely more adult-oriented.



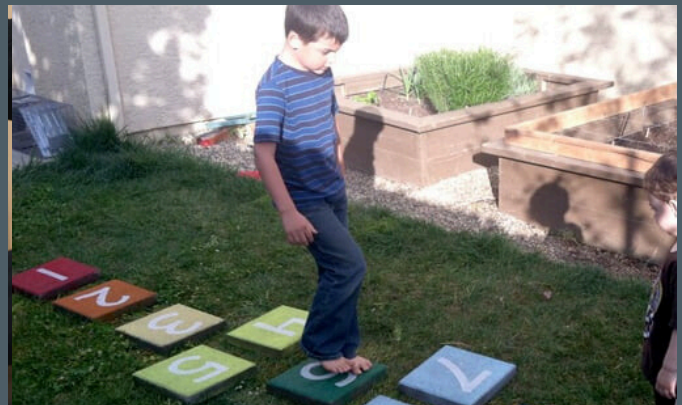
Patio Dominoes

This game might have a reputation for being for the “elderly” but trust me, take it outdoors and your little ones will love it!



Rainbow Hopscotch

Get transported back to your younger years with this game. Don't hog it from your little ones!



Spring Time Tic-Tac-Toe

Give tic-tac-toe a spring makeover. Forget the boring X's and O's, it's time to add some life to the tic-tac-toe game with some insect-inspired stones. I went minimalist with simple stripes and spots to represent two of my favorite insects.



DIY Ping Pong Table

This outdoor party game will have you day dreaming of county fairs and church carnivals. Can you smell the funnel cake? Warning: The DIY part is definitely more adult-oriented.



Patio Dominoes

This game might have a reputation for being for the “elderly” but trust me, take it outdoors and your little ones will love it!



Rainbow Hopscotch

Get transported back to your younger years with this game. Don't hog it from your little ones!



Spring Time Tic-Tac-Toe

Give tic-tac-toe a spring makeover. Forget the boring X's and O's, it's time to add some life to the tic-tac-toe game with some insect-inspired stones. I went minimalist with simple stripes and spots to represent two of my favorite insects.





MATHEMATICS

Sequencing & Matching

Practice putting things in order with your early learner! Help them cut out the scenes and decide what happens first, next and last. This is a great way to build reading comprehension skills before your child starts to read.

Kindergarten students are practicing their addition skills! Help them practice adding one more using this helpful worksheet. Look at each problem. Match the problem to the correct answer by drawing a line.

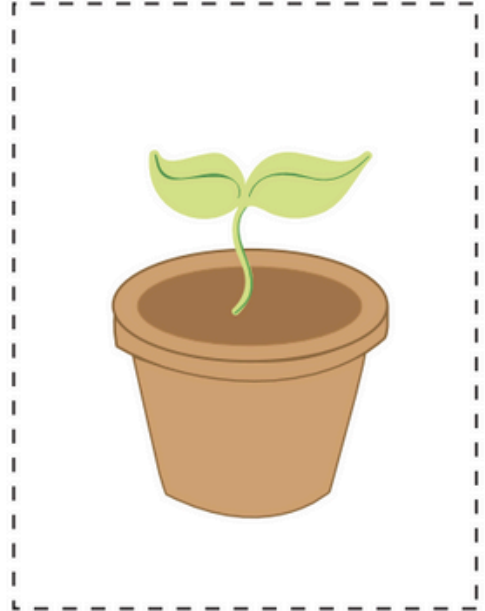
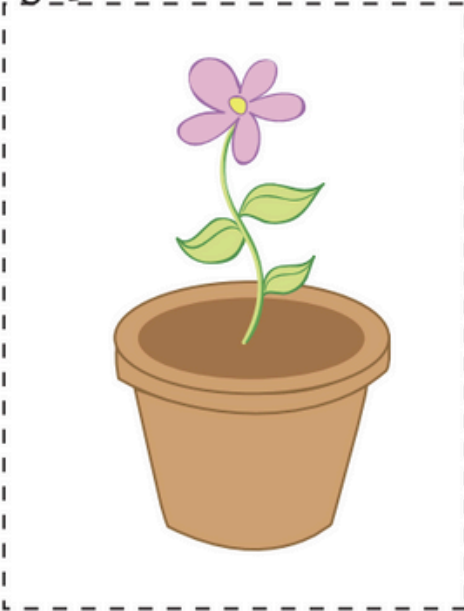
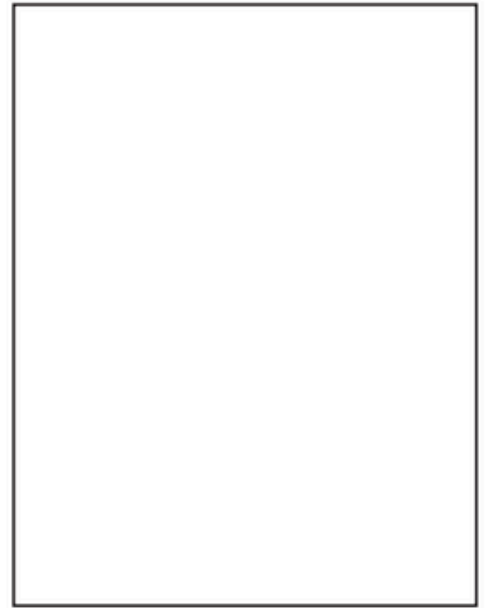
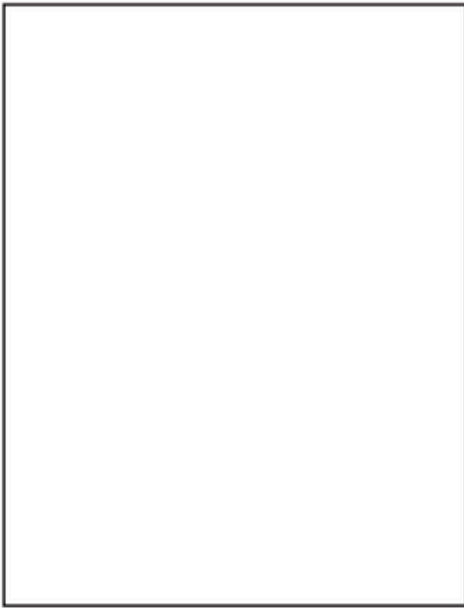
Putting Things In Order

Let's practice putting things in the order that they happen. First, cut out the scenes at the bottom of the page. Next, arrange them in the order that they happen. Last, glue them in order at the top of the page.

1

2

3

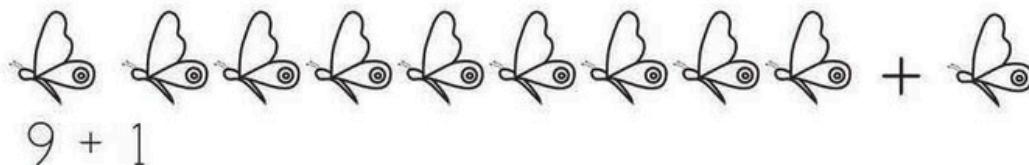
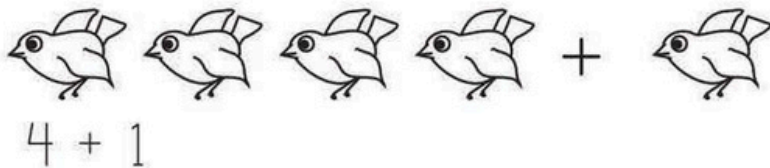
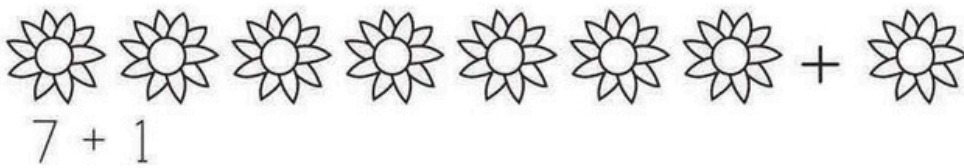
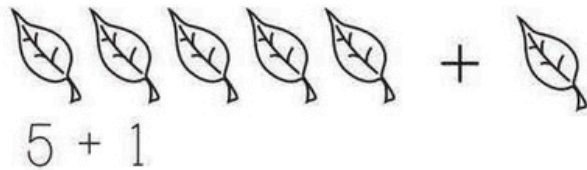
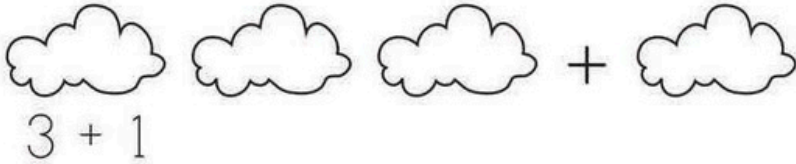
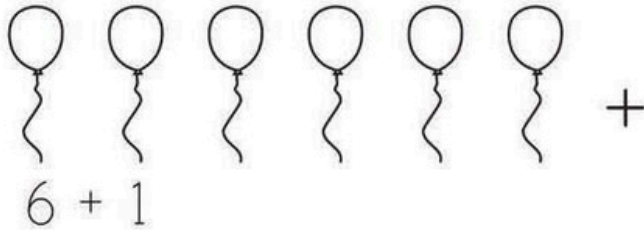


Matching Numbers: One More

Name: _____

Date: _____

Directions: Look at each problem. Match the problem to the correct answer by drawing a line.



5

8

7

6

10

4



SCIENCE

Summer Souvenirs & Refreshments

Your child will have a unique vacation memento with this glass bottle art project. It's a wonderful way to capture those great summer memories and preserve them for years to come!

Help your tween cool off this summer with these tasty summer drink recipes! Each one comes pre-printed on recipe cards to keep for future summers. Not only are these recipes delicious and refreshing on hot days, they help keep kids from getting rusty over the summer by working on measurement and ratios.

Tip: if the recipe's a hit, glue the card onto an index card so it will be better prepared to survive kitchen mayhem!



Summer Souvenirs

Your child will have a unique vacation memento with this glass bottle art project. It's a wonderful way to capture those great summer memories and preserve them for years to come!

What You Need:

- Empty glass jar
- Souvenirs collected from a vacation such as: sand, shells, rocks, stickers, postcards, stamps, coins, ticket stubs, small representations of places visited such as a toy Statue of Liberty, etc.
- Hot glue gun
- Paper and pencil
- Scissors
- Label sticker (optional)

What You Do:

1. During your next family vacation, have your child collect the souvenirs described above. Tell them they will create a "Glass Bottle Vacation Memento" to help remember the fun trip.
2. After your travels, have your child decide which mementos they want to arrange as an artistic display inside the empty glass jar. Postcards and photographs will probably be too large, but they can use scissors to cut out important parts so they can then include them in the display.
3. Your child may have some items that she wants to glue to the back inside of the jar, such as pictures, stamps or ticket stubs, which they can do using a hot glue gun (with a parent's help).
4. Some items can be displayed at the bottom inside of the jar, such as sand, rocks, shells, toy representations, or coins.
5. When your child has finished creating their artistic display, they can use a small 3" x 3" piece of paper and a pencil to write a memory of her trip. This will be the "message in the bottle," and can be folded up into a tiny size to go inside the bottle.
6. Your child may want to use a plain white sticker label on the outside of the jar (but not covering the pretty display) to write the name of the place they visited and the date of the trip. Now they'll be able to enjoy their vacation memories for years to come!



COOL

drinks

to mix!

It's hot out! What better way to cool off than mixing up a summer cooler? Cut out the cards and craft these yummy treats in the kitchen. Make up your own recipe and fill it in on the blank card!

Pomegranate Cooler



3 cups pomegranate juice, chilled
1/4 cup fresh lime juice
3 cups ginger ale, chilled
Ice

Stir together the pomegranate juice and lime juice in a pitcher. Just before serving, stir in the ginger ale. Pour into glasses filled with ice and garnish with lime slices. Serves 6.

Classic Lemonade



8 lemons
8 cups water
1 1/2 cups sugar
Ice

Juice fresh lemons and stir juice into a pitcher of water. Add sugar and stir until dissolved. Serve over ice. Serves 8.

Root Beer Float



2 scoops of vanilla ice cream
1 can or bottle root beer
1 dollop whipped cream
1 maraschino cherry

Place 1 scoop of ice cream into a tall glass. Pour root beer carefully over the ice cream. Add another scoop and pour more root beer. Top with whipped cream and a cherry. Serves 1.

_____ 's Summer Drink





READING & WRITING

Figurative Language Maze: Summer Hyperbole

Give your learners practice identifying hyperboles with this fun, seasonal figurative language maze! Geared toward middle-grade learners, this engaging worksheet features a maze of summer-themed figurative language examples and non-examples. Students will have the opportunity to demonstrate their knowledge of figurative language by identifying only the hyperboles amidst a sea of other techniques, including metaphors, alliteration, and rich imagery. As they follow the path of hyperboles, learners will collect letters that will reveal a mystery hyperbole at the bottom of the page!

FIGURATIVE LANGUAGE MAZE

Summer Hyperbole



Find the path from **START** to **FINISH**. Your path should go only through spaces with hyperboles. Record each letter you pass to complete the mystery hyperbole. Remember, a **hyperbole** is an extreme exaggeration.

START

My overflowing beach bag weighed a ton on my achy shoulder. B	It took a million hours to construct the perfect sandcastle. O	The fan rattled and hummed, trying to keep my bedroom cool. O	The ice cream truck circled the block, calling like a circus showman. L
I was a grouchy bear when my dad woke me at 5:00 a.m. to leave for vacation. A	Our cotton candy from the carnival reached a mile high in the sky. M	On our lengthy evening hike, I moved at the pace of a sloth. P	I was so thirsty, I guzzled my entire bottle of water in a millisecond. E
The grains of sand tickled my toes as I approached the turquoise water. R	The raindrops drummed on the rooftop, creating a cozy atmosphere. O	The vibrant flowers danced in the warm summer wind. N	At midday, it was so hot that I could fry an egg on the sidewalk. T
The blazing sun beamed bright and bold today. I	The radiant evening stars winked at us from above. S	The savory hotdogs and hamburgers sizzled on the hot grill. G	

FINISH

MYSTERY HYPERBOLE:

Summer break went by at the speed of a _____ !

