

SUMMER PLANNING



**21CCLC NEW GRANTEE-STAFF TRANSITION COMMITTEE
APRIL 2024**

REIMAGINE SUMMER PROGRAMS

- After the pandemic, students have achievement gaps and need extra time to address this learning loss. However, if we design a program that is engaging and fun for children that will have much greater success than one that simply adds hours to the traditional classroom setting.

https://www.washingtonpost.com/local/education/summer-school-covid-lessons/2021/08/27/fc8d159e-ff84-11eb-ba7e-2cf966e88e93_story.html



STEPS BACK TO NORMAL

- Little by little we are returning to normal. However, many of our children have suffered socially and emotionally during the pandemic.
- They have not had enough time with friends which is developmentally important.
- They have been under stress because of the pandemic and will need time to readjust to normal programming.
- By creating an exceptionally enjoyable program this summer, we can go a long way to relieving fears, anxiety, and helping children reduce achievement gaps.
- Remember these programs should be designed for the best interests of the children instead of just replicating what we have always done in summer.

SOCIAL EMOTIONAL TIPS:

- As we transition away from the pandemic, we need to do a little extra to improve the learning environment for children.
- **MUSIC** to calm emotions- Research from the University of Nevada provides strategies you can use to create a relaxing classroom. <https://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>
- **SUNSHINE** is critical for children to absorb vitamin D and this is essential to good eye development. Researchers at Northwestern University are concerned about the pandemic long term effects on eyesight <https://www.fastcompany.com/3068009/another-reason-to-let-kids-play-outside-staying-indoors-could-cause-bad-vision>
- **TALK to Children** and listen to their concerns. Your Life Iowa has resources for helping children. https://yourlifeiowa.org/childrens-mental-health?utm_medium=ppc&utm_source=google&utm_campaign=fy22mentalhealth&utm_content=childrens%20mental%20health
- **JOY in learning.** Make programs fun. Bring in ice cream, musicians, clowns, or other partners who will help make the program enjoyable for the children.

WHY GO OUTSIDE?



- **5 ways the sun impacts mental and physical health**
<https://www.tricitymed.org/2018/08/5-ways-the-sun-impacts-your-mental-and-physical-health/>
- Sunshine and improved cognitive function-
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2728098/>
- There is new evidence that suggests **children who spend more time outside exposed to daylight may reduce their risk of developing nearsightedness.**
https://www.canr.msu.edu/news/the_benefit_of_daylight_for_our_eyesight
- Disclaimer- This is not medical advice, but using the latest research to create a potentially more beneficial learning environment for children, like providing heat in a classroom during winter months.

LETS GO OUTSIDE

- **Reading outside-** Sharing books outdoors helps children to make connections between the book and the world around them, especially with the support of adults to help explain things. A child may encounter a river in a book, but they are unlikely to fully understand the idea without seeing a river and the flow of water. <https://www.scottishbooktrust.com/articles/the-joy-of-reading-outside>
- 19 children's books to read outside- <https://www.harpercollins.com/blogs/harperkids/read-outside-books>
- **Eating a snack outside-** lowers risk of virus transmission and increases time outside. <https://www.greenschoolyards.org/planning-meals>



OUTSIDE ACTIVITIES

- **60 Outdoor Activities-** <https://www.signupgenius.com/home/outdoor-activities-for-kids.cfm>
- Summer Garden- start a garden and teach children how to grow food <https://www.youtube.com/watch?v=ozlL2AvkR04>
- **Go to the Park-** 17 activities <https://www.kcedventures.com/blog/a-day-at-the-park-kids-nature-activities>
- **Go to the ZOO -**7 activities for the zoo <https://momforallseasons.com/7-educational-activities-you-can-teach-at-the-zoo/>
- **Go to the Pool-** 5 pool games <https://www.poolsbyextreme.com/5-Fun-Pool-Games--No-Gear-Required-1-85.html>
- Go outside and see how many different animals, birds and insects you can see, take pictures, make a list and go online to learn more about them.
- **FIELD TRIPS-** take the children on plenty of field trips this summer. Make this a summer they will remember. We have a guide to field trips.

FREE SUMMER RESOURCES

- Edutopia Free Fun Resources-
<https://www.edutopia.org/blog/summer-learning-resources-matt-davis>
- 200 FREE Kids Educational Resources https://www.openculture.com/free_k-12_educational_resources
- Summer Learning (English and Spanish)
<https://www.colorincolorado.org/article/summer-learning-resources-parents>
- Bi-Lingual Summer Resources <https://www.aps.edu/language-and-cultural-equity/documents/bilingual-summer-school-resource-links>
- MUSIC for Learning Videos https://www.youtube.com/channel/UCOR0-FP5I0KpUWwNbwYwIYQ?view_as=subscriber
- 9 Activities for ELL students- <https://www.wgu.edu/heyteach/article/9-activities-to-help-your-ell-students-learn-over-summer-recess|905.html>

HOW WILL YOU PLAN SUMMER?



INSIDE ACTIVITIES



OUTSIDE ACTIVITIES



QUESTIONS?

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