

Counselor's Corner
News from your School Counselor

WE MADE IT! Congratulations to you and you child(ren) for getting through these past 12 weeks! It has been a most unusual school year but everyone stepped up and did their best.

Below is information that I think you will find helpful for the summer. It was originally posted in 2013 but I think it is worth resending!

As the school year winds down, I wish you all a healthy and relaxing summer vacation.

Mrs. Blaker

Keep Your Kids Happy and Healthy: Summer Tips for Parents

- Posted by [Guest Blogger](#)

Summer is the best time to provide your child with snacks that promote energy and good healthy eating practices and to make sure they get the exercise and rest they need. Here are a few tips for your child's summer health.

- **Make sure your child is getting daily exercise.** Encourage your child to [stay active](#). Have them walk, run, swim, play sports, jump rope, ride bikes, or go skating daily. Check out [LetsMove.gov](#) for more information.



Photo courtesy of LetsMove.gov

- **Make sure your child eats healthy.** Give your child [healthy snacks](#). Prepare snack bags of vegetables such as carrots, celery, or cucumbers and/or fruit such as apples, pears, or berries.

- **Make sure your child is drinking lots of water.** Water is excellent to [keep your child hydrated](#).
- **Make sure your child goes to bed on time every night.** Schedule a bedtime and keep to it. This will [ensure your child is getting adequate amounts of sleep](#). Sufficient amounts of sleep promote healthy physical and mental development.

We hope these tips help you keep your child happy and healthy this summer!

For more information for parents from the Department of Education, visit our [Parent and Family Engagement page](#).