

Mental Fitness News and Tips

June 2018

Reflect on the school year and celebrate success

The last few weeks of school can make a positive difference in how your student does next year. Now is the time to look back, look forward, give thanks, and celebrate. Here is how:

- **Talk to your youth's teacher(s):** Get their thoughts on your student's strengths as well as his or her weaknesses. How have they improved? Where do they need more work? Ask what you can do to help your youth continue learning over the long, long summer break.



- **Talk to your youth about the school year:** Ask what he or she thinks went well during the year. Help them figure out what changes they should make next year.

- **Review your youth's successes:** Look over schoolwork you have saved during the year. Point out how much they learned, or how many new words they know, or that they can now add and subtract fractions, or how much their writing and penmanship have improved.



- **Help your youth list learning goals for the summer:** Guide your youth over the summer months, based on what you have learned from their teacher(s) as well as their areas of interest.

- **Encourage your youth to thank** those who have made the year a positive, whether it is a teacher, bus driver, or food service worker. This will help them appreciate how many people have helped them; give materials to write short thank-you notes.



- **Get a public library card:** Take your youth to get their own free library card...it is a gateway to a world of information!

- **Celebrate** with a special end-of-the-year activity and enjoy some one-on-one time with your youth.

Are you planning a healthy summer for your youth?

Youth who stay active and continue learning during the summer months are more likely to go back to school ready to learn. Answer **Yes** or **No** to the questions below to see if you are making plans to keep your youth active and healthy over the summer:

- ___1. Have you talked with your youth about the kind of exercise he or she enjoys? Whether it is biking, walking, shooting hoops, or swimming, there is a form of exercise for everyone.
- ___2. Have you mapped out some new routes or places for family time?
- ___3. Have you researched youth activities that will be offered at community centers, your neighborhood school, pools, the zoo, or parks?
- ___4. Have you set limits on television time? Less time is best. During commercials, challenge everyone to move around and find a new seat.
- ___5. Have you helped your youth set personal fitness goals for the summer?

How well are you doing?

Each **Yes** means you are on track for a healthy summer. A healthy summer of being active and continued learning will mean a better start to the school year in the fall. For **No** answers, try some new things.

Adapted from The Parent Institute®
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