

# Family Engagement Newsletter

## FUN THINGS TO DO WITH YOUR KIDS DURING SHUT DOWN

Cook with your kids Quick! What's your child's favorite homemade food? Mac and cheese? Spaghetti? Chocolate chip cookies? Whatever their culinary preferences, they can probably be convinced to spend a few hours with you in the kitchen to help whip up their favorite meal. Cooking with your kids instills them with the fuzzy feelings of responsibility and accomplishment, and it helps teach them real life skills they'll use for years to come.

Some of my fondest childhood memories arose from helping my parents prepare family meals: stirring fragrant chicken noodle soup, stealing spoonful's of cookie dough, and squinting into the oven window trying to watch the biscuits rise.



### Mystery Reader Contest

Watch the video and message Lincoln Park on Facebook with your guess! The winner will get a prize!

[https://youtu.be/9Clwr6T\\_2HI](https://youtu.be/9Clwr6T_2HI)

## KIDS AND EXERCISE

When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

### THE MANY BENEFITS OF EXERCISE

Everyone can benefit from regular exercise. Active kids will have:

- Stronger muscles and bones
- Leaner bodies
- Less risk of becoming overweight
- A better outlook on life

Besides enjoying the health benefits of regular exercise, fit kids sleep better. They're also better able to handle physical and emotional challenges, from running to catch a bus to studying for a test.

### THE THREE ELEMENTS OF FITNESS

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

1. Run away from the kid "who's it" (endurance)
2. Cross the monkey bars (strength)
3. Bend down to tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.

## Beat the Boredom

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Motivational Monday:</b> 'Like' our Facebook page and be entered to win a \$10 gift card!</p>	<p><b>Travel Tuesday:</b> Pack your bags, we're going on a virtual trip to England! Click the link below to watch a video taking you through this beautiful country!</p> <p><a href="https://www.youtube.com/watch?v=NakltvfbYk0&amp;feature=youtu.be">https://www.youtube.com/watch?v=NakltvfbYk0&amp;feature=youtu.be</a></p>	<p><b>Wild n' Out Wednesday:</b> Put on your dancing shoes and learn the moves from the video. When you're finished practicing, record yourself doing the dance and share your video to our Facebook Page!</p> <p><a href="https://www.youtube.com/watch?v=JWTyO8npgOQ">https://www.youtube.com/watch?v=JWTyO8npgOQ</a></p>	<p><b>Thinking Thursday:</b> Find a notebook and write down things that are important to you. You could write about your thoughts/feelings, goals for the future, or write your own lyrics, poetry, or stories.</p>	<p><b>Fitness Friday:</b> What are some healthy foods you like to eat for breakfast and lunch at home? Share a photo or comment about what you like on our Facebook Page!</p>