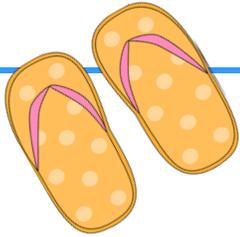




August Newsletter



Monthly Themes

July 30th-August 3rd: Who's that Baby

August 6th-10th: Animation Fun

August 13th-17th: Carnival Mania

August 20th-24th: Sesame Street Live

August 27th-31st: Summer Memories



upcoming birthdays



- ◆ Connor D.-August 3rd
- ◆ Madelyn W.-August 8th
- ◆ Heidi G.- August 11th
- ◆ Leo B.- August 14th
- ◆ Julia B.-August 15th
- ◆ Madison H.- August 16th
- ◆ Emma W.-August 16th
- ◆ Mackenzie C.-August 20th
- ◆ Mia S.- August 21st
- ◆ Elyse P.-August 21st
- ◆ Phoebe C.- August 27th
- ◆ Mairead M.-August 28th

How to Beat the End-of-Summer Blues

As the carefree days and warm nights of summer come to a close, so does the freedom of time spent outdoors playing with friends. Changes in the season (cooling temperatures, waning sunlight,) and structured routines can create a more somber mood among kids. Here are some ways to cope with those late summer blues.

Roll Back the Schedule

Begin adjusting bed time, wake up time, and eating schedules to avoid an abrupt change. Begin about two weeks before school starts to help the transition from summer to fall schedules.

Prepare For Problems

Troubleshoot potential problems with your child. If they're starting a new school, visit ahead of time or go over the route to get there. Be organized and avoid feeling overwhelmed by deciding what's going in their backpack and what supplies they need beforehand.

Designate and Official End to Summer

One thing that's really nice for families is to have some sort of ceremonial end to summer. Whether it's having a barbecue, picnic, or campfire, or making a photo album, rituals can help create closure and allow kids to take happy memories with them into fall.

Mark the Calendar

Get the calendar out before school starts and note things to look forward to as a family. Start mapping out fall trips such as apple or pumpkin picking, making or shopping for Halloween costumes, or anything meaningful to your child. It's a reminder that, although summer's ending, fall has wonderful things to offer, too.



Special Days in August

- ◆ **August 8th- Pony Rides**
- ◆ **August 10th- Pirate and Princess Party**
- ◆ **August 14th- Field Trip to Explore and More**
- ◆ **August 16th-Punkin the Clown**
- ◆ **August 27th-Ice Cream Social**
- ◆ **August 31st- Good-bye Summer , Back to School Party**

Plan a family game night on a budget

Spending a fun night at home with the kids playing different games and having a family favorite meal is a wonderful way to stretch your entertainment dollar. Often cash strapped Moms and Dads can't afford a night at the movies for the family or simply wish they could attend a major sporting event with the kids. The reality is that yes, children would like to do those things, but spending time as a family is just as much fun. Once your kids are old enough encouraging them to get involved in helping you with planning a family game night is a great way to be very inclusive and ensure that you are doing things that everyone will enjoy. Some low cost ideas for a family game night include:

- Make snacks or meals at home that are favorites for the family. Kids will love a **"make it yourself pizza night"** or making their own treats and healthy snacks.
- Use a spinner or numbered dice to **allow each child to roll to choose a game**. Each game is numbered to correspond with a number on the dice, which avoids issues about who gets to choose.
- Consider a **game swap night with the neighbors**. You can swap board games or other games that you have in your house with theirs, giving everyone a new set of games to play without the need to buy anything.
- **Go unplugged** and limit games to those that don't include technology. This avoids the additional costs of renting games and encourages interaction and conversation between the entire family.
- Try playing old school games like jacks, marbles, charades, or even **go outside and have a family game of soccer, basketball or football** in the back yard. You can always make up your own game using different toys and items that you have around the house.

The biggest benefit to being on a budget is that you can really get creative. Encourage your kids to come up with ideas for family game nights; you may be surprised at what they enjoy.



Special Days in August at Laverack

- ◆ **August 1st**– Painting with Michelle
- ◆ **August 2nd**–Field Trip to Beaver Meadow
- ◆ **August 3rd**–Field Trip to Chrusciki Bakery
- ◆ **August 7th**– Field Trip to Science Museum
- ◆ **August 9th**– Buffalo Museum of Science Crime Investigation and Mad Scientist
- ◆ **August 13th**– Field Trip to Hybrid Fitness
- ◆ **August 15th**– Field Trip to Get Air
- ◆ **August 16th**– Field Day
- ◆ **August 20th**– Make Your Own Slime!
- ◆ **August 24th**– Field Trip to Galleria Mall for Minecraft or Mystery Escape Room
- ◆ **August 28th**– Ice Cream Social
- ◆ **August 31st**– Goodbye Summer, Back to School Party

Announcements

Upcoming Theme Days at Walden:

Animation Fun Week (August 6th-10th)

- ◆ Monday– Minion Monday
- ◆ Tuesday–Mickey Mouse and Friends
- ◆ Wednesday–Winnie the Pooh and Tigger, Too
- ◆ Friday–Pirate and Princess Party

Sesame Street (August 20th-24th)

- ◆ Monday–Bert and Ernie
- ◆ Tuesday–Elmo
- ◆ Wednesday–Big Bird
- ◆ Thursday– Cookie Monster
- ◆ Friday–Grover

