



# Special Edition

## Parents Newsletter

*Resources for parents and child caregivers*

### RESOURCES

#### SUMMER EATS PROGRAM

#### THE PROBLEM

**1 in 3**  
public school students who rely on school meals may not know where to turn when summer vacation begins

**Hunger rises in the summer when children & teens lose access to school meals.**  
Summer hunger can lead to learning loss and weight gain, putting low-income youth at a disadvantage when they return to school in the fall.

#### OUR SOLUTION

The Summer Food Service Program, known as Summer Eats in Massachusetts, is a vital resource for the more than 400,000 children across the state who qualify for free or reduced-price school meals during the school year.

The meals and programming provided at summer meal sites help to ensure that children have continued access to nutritious food during the summer months and can return to school healthy and ready to learn.



**WORCESTER**  
Food Policy Council

#### Summer Eats Program

**Find meals for kids when school is closed.**



**Food and Nutrition Service**  
U.S. DEPARTMENT OF AGRICULTURE

Click [here](#).



#### DOGO

**What is it?**

**Dogo** [doh-goh] means young or small in Swahili.

This website empowers kids to use digital media in a fun, safe and social environment and learn about current events, books, and movies.

Click [here](#) to see the website.

*Videos are captioned.*



NEWS BOOKS MOVIES

DOGOnews

ELA-Science-Social Studies

CURRENT EVENTS

SCIENCE

SOCIAL STUDIES

WORLD

ENVIRONMENT

Kids News - Fun Articles

**Let's All Scream For National Ice Cream Month!**  
Former US President Ronald Reagan's love for jelly beans, which were a staple offering during his 8-year-term in office, is well-documented. However, the country's 40th head of state also had another guilty pleasure -- ice cream, which he described as "[a] nutritious and wholesome food." To give the delicious treat the respect it deserved, on July 9, 1984, Mr. Reagan signed Proclamation 5219, which declared July as National Ice Cream Month!

[Read news article](#)



## TIME FOR KIDS

**FREE THROUGH THE END OF JULY!**

Free access to a library of (4) grade-specific digital editions of *TIME for Kids* and *Your \$* financial literacy magazine.

Also find teaching tools including worksheets and quizzes for families or teachers, available [here](#).

Click [here](#) to see the website.

## WHAT IT'S LIKE TO BE A NATIONAL PARK RANGER?

What is a *National Park Service Ranger*? What do they do? How do you become a Park Ranger?

Learn all that [here](#)!

**The Washington Post**  
Democracy Dies in Darkness



## DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

Missed a *What's Up* or *Parents Special Edition* Newsletter?

Find all issues [here](#) on CLW's website.

Like/Follow CLW on:



Want our newsletters emailed to you? Contact Kim White at: [kwhite@centerlw.org](mailto:kwhite@centerlw.org)

## VIRTUAL SUMMER CAMPS

## Deaf Film Camp

DFC is online this year. It's free for anyone!

Sign up and see the schedule [here](#).

Vist *DFC's* Facebook page [here](#).



## STEWARDSHIP PROGRAM

**LEARN HOW TO BE A CLIMATE WARRIOR**

Due to COVID-19 CorpsTHAT is offering a 2 week virtual summer program for Deaf, Hard of Hearing and CODA high school youth to gain leadership development, job readiness skills and explore the outdoors

**Program Dates:** July 13th- 24th, 2020  
**Registration Fee:** \$200  
**Participant Age:** 14 to 19 year-olds  
**Course Meeting Times:** Tue, Wed and Thurs 12-1pm EST (Monday and Friday will be for independent activities)

For this program, participants will need:

- Access to the internet
- A computer with a webcam
- Be available to meet during the listed class meeting times

Registration ends July 10th at 12pm EST

## CorpsTHAT

**REGISTER NOW!**

Starts Monday, July 13<sup>th</sup>

See the Facebook page [here](#).

CorpsThat is an organization aimed at supporting the inclusion of Deaf and Hard of Hearing participants in the conservation corps and outdoor worlds.



## SUMMER SAFETY

## SAFETY TIPS

- Wear a helmet on every bike ride, no matter how short or close to home.

\* A helmet is the single best way to reduce the severity of a head injury and have been shown to decrease the risk of head injury by 85%.

- Teach children the rules of the road, including how to obey all traffic laws and where it is safe to bike and use other wheeled items.

## FOOD SAFETY

- About 50% of the reported food borne illnesses occur in children under 15 years of age.

### SAFETY TIPS

- Never let foods containing mayonnaise, milk, eggs, meat, poultry or seafood sit at room temperature for more than two hours, and no more than an hour if it is above 90 degrees outside.
- Washing and storing raw fruits and vegetables properly is important to avoid food-borne illnesses.
- Pack meat and ready-to-eat foods separately.



# 10 SUPER-FUN WAYS TO MAKE YOUR SUMMER LAST A LITTLE LONGER

## 1 Room revamp



Redesign, rearrange, repaint, or redecorate your room. Make it into a space that makes you happy. A little change goes a long way.

## 2 It's A Wash!



Offer to wash someone's car for a small fee. Or do it for free; you may be surprised at the reward you receive.

## 3 Chill Out and Read



Find a spot (under a tree, or even in the tub), and read that book (or books) you've always wanted to. And remember, it's not a race. Take your time and enjoy the journey the author is taking you on.

## 4 Camp Out!



Whether outside or in the living room, with a tent or a blanket, find a space, set up camp, and invite some friends (animal or otherwise) and have fun!

## 5 The Rural Mural



Find some butcher paper or an old sheet, grab a few markers (or whatever—see Dirt+Water) and draw a mural of your city or town. Ask friends to help, or draw them into your artwork, then proudly display the masterpiece in your room.

## 6 Water+Dirt=Art



There's nothing better than mud for all kinds of art projects. Find a good spot, stir up the soil with a garden spade (or large fork), add water, and let your imagination do the rest. Add dry grass or straw as a binder, and let your mess-terpiece dry in the sun for a couple of days. BTW, you will get dirty. :-)

## 7 Solar System from the Store



Pick up a solar system at the store:  
 •Mercury (green pea) •Venus (walnut in shell)  
 •Earth (pearl onion) •Mars (cherry tomato)  
 •Jupiter (10-inch head of lettuce)  
 •Saturn (8-inch cabbage)  
 •Uranus (grapefruit)  
 •Neptune (large orange)  
 What kind of dinner can you make from your solar system? (If you want to include Pluto, pick up a peppercorn.)

## 8 Be Knotty!



There are hundreds of kinds of knots. Spend some time this summer learning a few. They can come in very handy. Search wikipedia for "list of knots."

## 9 Be Big About It!



Find a bright flashlight, prop it up with a stick (or have a friend help), and step between it and a large building or house. Watch yourself grow many feet in a few seconds.

## 10 It Fingers



Learn ASL sign language (at least the 26 characters of the alphabet) and have a conversation with a friend. The more you practice, the faster you will get.

**KIDS DISCOVER** Courtesy KIDS DISCOVER Magazine; Infotoon: Michael Kline (dogfoose.com). For more fun, read Summer Fun by Susan Williamson.

## QUESTIONS ABOUT THIS NEWSLETTER?

### CONTACT YOUR SKILLS TRAINER WITH ANY QUESTIONS!

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