

## A Message From Kathy:

The fast pace of our lives can make it easy to forget that simply spending time with our children is really important. Research shows that spending **family time** together builds children's self esteem, strengthens family bonds, develops positive behaviors, encourages communication and can help your child's academic performance.

Summer time is a special season when school is out, work slows down, responsibilities lessen and the days carry with them a carefree spirit. It offers opportunities to spend **family time** together but without deliberate planning, it can be a missed opportunity. Born out of a concern that the much anticipated "lazy days of summer" during which the intention of doing so many things like; backyard camp outs, outdoor movies, family game nights, trying different foods, reading new books, taking night hikes, learning new things, etc., were not realized summer after summer. That is how the "Summer Bucket List" was created. My families "Summer Bucket List" tradition has ensured summer fun and **family time** through swim team, sleep away camps, trips, work, junior guards, summer jobs, tutoring, mandatory sports practices, teen and college years.

Here is how it works... During the first week of June we begin our "Summer Bucket List" project. The intention of each activity is quality **family time** and expanding ourselves. All activities are meant to be local and family budget conscious.

Each person in the family picks from the following categories:

- New food to cook
- Restaurant to try
- Family Activity
- New experience to have

Using a sharpie pen, we write all activities on a plastic bucket with a little box next to it. The bucket is decorated (think glue gun, shells, stickers) and put it in a prominent place in our home. (Always a conversation starter when friends and family visit.) Throughout the summer our **family time** is shaped by checking off our bucket list boxes.

Somewhere over the years a family "Jump into Summer" plunge made the list and has become a tradition that kicks off Summer and is always our first activity. Everyone, holds hands and runs into the water together yelling Happy Summer! As we head into the last week of school and summer officially begins, it is my hope that you are able to make family time a priority and thus reap all of its benefits!

P.S. My family will "Jump into Summer" this weekend. We are headed to Crystal Cove with the promise of beignets at the Beachcomber as enticement. If you have not had their beignets I encourage you to put them on your Summer Bucket List!

Blessings,  
Kathy | 949-698-3350 | kathy@activ8learning.com

# Weekly wrap-up

activ8  
academy

June 4, 2021



Ms Henson's 4th graders showing off their enguniety. They reinvented the wheel using plastic cups.



4th grade making clay designs during enrichment hour in Ms. Corrine's class

## Mark Your Calendars:

- June 1st-4th: Parent/Teacher conference Week
- June 4th- Unicorn University 1st Grade Play: Little Red Riding Hood
- June 8th- 2nd Grade Play - The Caterpillar and the Cave
- June 9th - Academy Spirit Day at Randolph
- June 11th: Last Day of School
  - 2nd and 4th Grade Beach Day
  - No Extended Day
- HAVE A HAPPY SUMMER!



Maddie's shirt says it all!  
A shout out of thanks to Addy and Maddie for sharing with our Academy tenants every day! These two are all about KINDNESS, INCLUSIVITY and RESPECT!