

# Parent & Family Newsletter

May 2023

## Beat The Summer Slide

A non academic summer can cause students to digress in academic skills.

And did you know, summer can be an ideal time for students of **ALL** ages to keep academic skills sharp and have **FUN**—

Ways to get ahead of the upcoming school year

1) **Summer Programs**—One of the top ways to foster the love of learning...

•Reading clubs • 4-H club • Camps • Swimming Lessons

Anything that engages the body and mind counts ☺

2) **Everyday Life Contributions**

☐ Cooking • Cleaning • Gardening • Errands • Family Time • Family Games • etc

3) **Vacation/Everyday Learning**

☐ Calculating mileage to and from where you travel.  
☐ Historical Places, Museums, Parks, etc.

4) **Keep structure**

☐ Eat meals around the same time  
☐ Bed Time  
☐ Family Time

5) **Adults, Show The Value Of Learning**

Stacy Kilwein, Coordinator  
456-0007 or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)

### Fun Summertime Fact...

☺Sunshine improves your brain function.

According to research, "human brains work better in summer."

So if you have a thought-heavy task in mind, you might want to schedule it for July or August.



### Fun Summertime Fact...

☺July is National Ice Cream Month? The **BIGGEST** scoop ever weighed a belly-busting 3,010 pounds!

What flavor you ask?  
Strawberry



## Love & Logic (5 week sessions)

Whether it's losing your cool, yelling, reverting to old ways, or just looking for new parenting tools...

**Love and Logic** may help!

- Reduce the whining, arguing and complaining
- Handle misbehavior without breaking a sweat
- Avoid power struggles
- Learn what to do when kids leave you speechless!
- Put a **LAUGH** back into parenting.

Begins **Wednesday, May 3, 2023**

**6:00—7:30 p.m.** Childcare available.

Must call Partners in Parenting  
456-0007 to register or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)





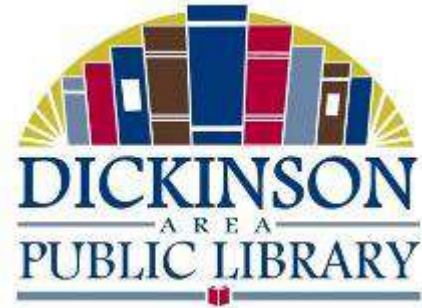
*CHECK THIS OUT!*

## Summer Events

- ➔ Band shell Concerts
- ➔ Splash Bash
- ➔ Patterson Lake Free Day & Beach Party
- ➔ Softball & Baseball Tournaments
- ➔ Traveling Lantern Show
- ➔ Swim Under The Stars
- ➔ Pool Parties
- ➔ Chalk Walk
- ➔ Crooked Crane Trail
- ➔ Local Parks

Check their website for all these fun opportunities and more to take in this summer ! Dates, Times, and Locations are listed here!

[Wwww.dickinsonparks.org](http://www.dickinsonparks.org)



Remember to check out our area public library for all their upcoming summer activities!

[Wwww. Dickinsonlibrary.org](http://Wwww.Dickinsonlibrary.org)  
also find them on Facebook



### Fun Summertime Fact...

☺The Eiffel Tower gets six inches taller in summer.



The 1,062-foot monument is more than six inches taller in the heat, thanks to thermal expansion. But make sure you go during the day if you want to see the highest experience, because once the sun sets, the tower begins to shrink again.



## Staying Off The Summer Reading Slide With Rhinestone Rhonda and The Book Corral



The month of May is a time of celebrating the end of another school year and the achievements your child has made during the past nine months. However, with warmer weather and so many outdoor activities available during summer vacation, time for reading can be easily missed. This can cause a significant loss of skills that were gained during the school year, known as the summer slide.

One of the best ways to keep your child eager and excited to read during the summer months is to connect it with other pleasurable events.

Rhinestone Rhonda is revving up The Book Corral bus for weekly stops at different parks and playgrounds from June through August. Along with choosing books to take home, kids are welcome to stay and hang out with Rhinestone Rhonda while doing a craft or playing games. Your family may want to have a reading picnic or play at the park too. The Book Corral is a free children's sharing library with no formal check out and no return dates.

Rhinestone Rhonda's summer route will be available soon on

[www. Westdakotaparent.org](http://www.Westdakotaparent.org) or on Dickinson Public School's website and Facebook page.

Rhonda Kraenzel  
Dickinson Public Schools Literacy Liaison  
Email: [rkraenzel@dpsnd.org](mailto:rkraenzel@dpsnd.org)  
Phone: 701-456-0007

## ➔ Early Education = Great Value

Studies have shown that early education goes a long way to preparing children for kindergarten. The National Institute for Early Education Research Director W. Steven Barnett, PhD say, "Children who attend high-quality preschool enter kindergarten with better pre-reading skills, richer vocabularies and stronger basic math skills."

A well-balanced preschool program will help increase your child's competency in all the major subject areas.

The value of early childhood education is that it gives children a good foundation on which to build for their succeeding years in school—besides academics, students develop a good sense of self and family, and learn that their actions, no matter how small, can help make the world better.

**Want To Know More?**

**Join Us For...**



**Preschool** — A BIG step for our littlest ones.

Join us for 4 fun filled sessions:

side by side with your kids you will have lots of fun, meet other preschoolers/parents and experience a preschool classroom



Children ages 3-5

Begins September 21, 2023  
(4 week session)

Supper: 5:30-6:00 pm

Session: 6:00-7:15 pm

Free Supper and Childcare provided

Must call Partners in Parenting

@ 456-0007 to register or email

Skilwein@dpsnd.org



## Fun Summertime Facts...

☺The world's longest lazy river is nearly a mile long. It Takes approximately 1 hour to complete the 3/4 mile loop found in Waco, Texas.



☺Popsicles were invented by accident.



If these are your summertime treat of choice, thank an 11-year-old boy! Frank Epperson mixed some sugary soda powder with water and left it out overnight. The mixture froze—and it didn't take long for Epperson to realize he made a delicious mistake.

☺The world's largest inflatable pool toy was a swan that stood 70-feet tall



**Parents** — if you have a preschooler who will

**start kindergarten in 2024**

*join us for these fun-filled sessions.*

- Fun interactive activities for parent, preschooler, and teacher
- Preschoolers learn about social skills ie. sharing, taking turns, not interrupting, vocabulary, etc.
- Parents learn strategies for preparing children to learn at home.
- Understand why you are important for your child's success in school.

**Hurry!! Classrooms fill up fast!  
Call to reserve your spot today!**

**FREE** supper and childcare provided.

Begins: **September 19, 2023**

Must call Partners in Parenting @ 456-0007 to register or email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)





**WEST DAKOTA  
PARENT & FAMILY  
RESOURCE CENTER**

402 4th St West  
Dickinson, ND 58601

Phone: 701-456-0007  
Toll Free: 1-877-264-1142  
Contact information:  
Stacy Kilwein- Dickinson Public Schools  
Deb Theurer-Extension Agent  
Melissa Praus- Administrative Assistant

## Parent 2 Parent

- Do you ever feel like your teen rules the house?
- Does "No I won't and you can't make me!" sound familiar?
- Constantly feeling like the "peacemaker and the judge?"

Join us for great discussion and learn new/more parent strategies

Date: May 10, 2023

June 7, 2023

July 12, 2023

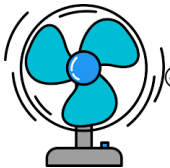
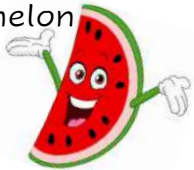
August 9, 2023

Supper: 5:30 pm Session: 6:00-7:00 pm

Call 456-0007 to register or email the center at skilwein@dpsnd.org

## Fun Summertime Facts...

☺There are more than 300 varieties of watermelon



☺The hottest days of the year occur between July 15 and July 31 in the U.S.

We are on the web:

[www.dickinson.k12.nd.us/westdakota](http://www.dickinson.k12.nd.us/westdakota)

OR



## Fun Summertime Fact..

☺Americans eat enough hotdogs on July 4 to stretch from Washington, D.C. to Los Angeles five times.



## COMING BACK

**FUN!**

**10th Annual Kids**

**FREE**

**Health And Safety Fair!!**

**Thursday, May 4, 2023**

**3:00pm—6:00pm**

**Where: West River Ice Center**

**For more information contact**

**Southwestern District Health Unit**

**701-483-0171**

**Mariys Walter, [mawalter@nd.gov](mailto:mawalter@nd.gov)**

**Sherry Adams, [sladams@nd.gov](mailto:sladams@nd.gov)**



## Virtual Session via Zoom Classes:

May 8 and 10, 2023 7-9pm CT



## In Person Class

Saturday, June 10, 2023 9am—1pm

Saturday, August 12, 2023 9am-1pm

Saturday, September 9, 2023 9am-1pm

Parents Forever is a program that puts parents on the path to minimizing stress for themselves and their children. Participants learn how to make informed, child-supportive decisions. As a result, children will come through separation or divorce having a positive relationship with both parents vs. feeling caught in the middle of parental conflict. Please register one week prior to class. Spots are limited.

Contact Stark/Billings Extension 701-456-7665.

[www.ndsu.edu/agriculture/extension/programs/parent-education](http://www.ndsu.edu/agriculture/extension/programs/parent-education)