



Parents: Easy Ways to Prevent Your Child's "Summer Slide"

Summer vacation might mean a break from school, but it shouldn't mean a break from learning.

Research shows that all students suffer from "summer slide"—meaning they lose some of the hard-earned academic skills they gained during the school year over the summer.

Depending on how they spend their summer, young

children can lose two to three months of reading skills over summer break.

Parents, you can help your children stay up to speed by exploring the local library, reading with and to them daily. Anything from a book to a magazine to a menu to the back of a cereal box will help refresh those very important reading skills.

Source: FEA.org



Tips to Stay Safe This Summer and All Year Round!

June is National Safety Month -- i.e. the perfect time to raise awareness and discuss important safety issues with your kids, friends and family members. Injuries are the leading cause of death in America for people between the ages of 1 to 40 years old.

Luckily, there are many things that we can do to stay safe and prevent injuries from happening. Everyone should get involved in reducing the risk of injuries to protect themselves and others.

Here's a couple ideas to get you started:

- Encourage teachers and school administrators to talk about safety at school.
- Educate yourself and others on important safety issues.
- Educate your kids and friends on how to be safe.
- Host or participate in a community event where families can learn many ways to prevent injuries.

Let's work together with neighbors, communities, and families to identify and report hazardous safety problems before it's too late. Always remember, safety first!

Source: Healthfinder.gov



Inside Villas

NUTRITION, FITNESS AND FUN

In this fruit tasting class, kids learned what each fruit was, how it grows and tastes, when it is ripe and good to eat, how to peel and cut, and where they are best grown around the world.



Kids also joined in on our first group yoga session led by instructor, Sean Page. Here they gathered, they stretched, they learned poses and breathing exercises.

They also gained an understanding of the many mind and body benefits of this discipline that originated in ancient India. Be sure to join us next time!



Huge thanks to the team who made this all happen - Captain .Johnson, Sean Pepe, Ms. Ladd and Ms. Ranheart!

Join the Hapi team for more fun programs every day from 4p -6p!

Learn what it means to do the Hapi "Boss" Cheer"!



Banana Dippers

INGREDIENTS

- Bananas
- Peanut Butter
- Trail mix or Granola

INSTRUCTIONS

Cut a banana into 1 ½ inch chunks. Spread one end of each with about ½ teaspoon peanut butter and dip it into either granola or trail mix. Enjoy this 160 calorie treat breakfast or a healthy snack!

Source: The Food Network

MEET OUR PROGRAM DIRECTOR – CAPT JOHNSON!



A law enforcement officer, Captain Johnson leads and is dedicated to the safety and health of the Hapi program. He is committed to and promotes family oriented environments, education, health and fitness and is here to ensure the safety and wellbeing of students in the program.



"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." BUDDHA

